

THE  
WORCESTER DOMESTIC  
SCIENCE SCHOOLS'S

ONE YEAR'S COURSE

# Laboratory Cook Book





Class TX665

Book W89

Copyright N<sup>o</sup> \_\_\_\_\_

COPYRIGHT DEPOSIT.





THE WORCESTER DOMESTIC  
SCIENCE SCHOOL'S

ONE YEAR'S COURSE

Laboratory Cook Book

*Compiled and Copyrighted 1914*

*By*

FLORA A. WETHERED

*Published by the*

WORCESTER DOMESTIC SCIENCE SCHOOL

156-158 Institute Road

Worcester, Massachusetts, U. S. A.

---

1914

HARRIGAN PRESS, INC.

WORCESTER, MASS.

TX663  
.W89

To My Mother

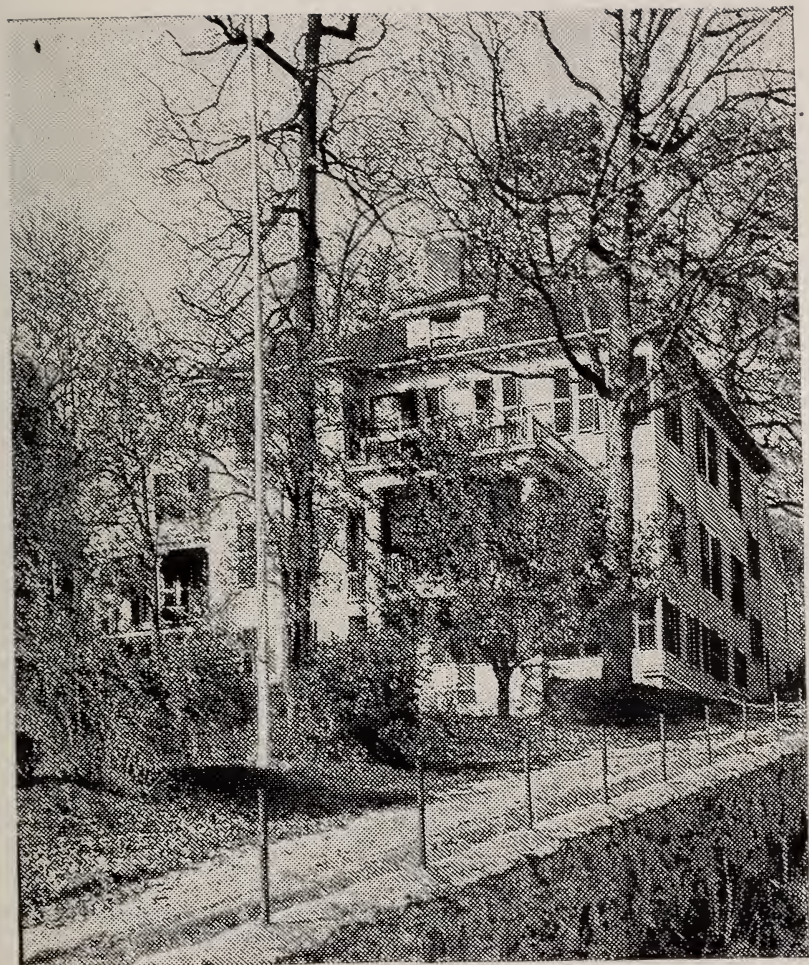
**Lucy F. Lee**

this book is affectionately dedicated, through  
whose devotion to home life and inspiring  
influence I was led to study Domestic Science

SEP 30 1914

*\$ 2.50*  
© Cl. A 379768

*no,*



THE WORCESTER DOMESTIC SCIENCE SCHOOL







ONE OF THE DORMITORIES



## INDEX

The Worcester Domestic Science School .....	Frontispiece
One of the Dormitories .....	”
Introduction .....	3
Lecture I. ....	4
Fundamental Cookery Principles .....	8
Steps in Marketing .....	9
Preservation of Food Experiments .....	9
Lesson II.—Preservation of Foods, etc. ....	11
Canning .....	13
Sterilization .....	14
Preserving .....	18
Relishes .....	24
Foods .....	28
Experiments with Starch .....	31
Cereals .....	33
Bread—Experiments in Fermentation .....	38
Gems .....	43
Methods of Cooking—Deep Fat Frying .....	46
Poultry .....	48
Fish .....	54
The Lobster .....	61
Lesson on Olive Oil .....	66
Vegetables .....	68
Soups .....	80
Garnishes for Soups .....	87
Sandwiches .....	89
Pastry—with Illustrations .....	92
Meats—with Illustrations .....	99
Meat, Fish and Other Sauces .....	120
Salads .....	126
Eggs .....	134
Cheese Dishes .....	140
Croquettes .....	141
Timbales .....	144
Plain Cookery—Leftovers .....	147
Chafing Dish Cookery .....	150
Invalid Cookery .....	154
Puddings .....	159
Desserts .....	170
Sweet Jellies .....	184
Bavarian Creams .....	186

Frozen Desserts .....	188
Sugar Cookery—Confections .....	197
Cake .....	203
Fancy Cakes—Illustrated .....	207
Cakes and Other Pastry .....	213
Cookery Phrases .....	218
Demonstration of the Fireless Cooker .....	219
Formal Meals .....	222
Menus .....	240
Household Hints .....	245

---

---

The purpose of this little volume is to supply a laboratory cook book suitable for a one year course in cookery for those preparing to teach the subject. Much help will be derived from studying the notes preceding each subject. All foods and utensils should be in place before beginning the lesson

---

---

## LECTURE I.

*Def.*—COOKERY is the art of preparing food for nourishing the human body by preserving nutritive constituents and flavors and rendering it soluble.

Food is cooked to develop new flavors and soften fibres; to make more palatable and to render it more digestible.

The three essentials are:—(1) Heat, (2) Air, (3) Moisture.

*Def.*—(1) Heat is increased molecular motion produced by combustion. Combustion cannot take place without air. Oxygen is the only supporter of combustion.

(2) Air is composed of oxygen, nitrogen, argon, various other gases, and some impurities.

(3) Moisture, in form of water, is either found in food, or added to it extensively.

The combined effect of heat and moisture hardens albumen in eggs, fish and meat; and softens fibrous portions of meat and the cellulose of vegetables.

The burning of fuels depends upon the rapidity of combustion.

*Def.*—A fuel is a substance that can be employed usefully in combination with atmospheric air or oxygen to the production of heat.

### OUTLINE OF FUELS

#### A. SOLIDS.

##### 1. Wood.

- (a) Soft
- (b) Hard
- (c) Charcoal
- (d) Peat

##### 2. Coal.

- (a) Soft
- (b) Hard
- (c) Chestnut
- (d) Pea
- (e) Coke

#### B. FLUIDS.

- 1. City Gas
- 2. Natural Gas
- 3. Kerosene
- 4. Alcohol
  - (a) Pure, 75c quart.
  - (b) Wood, 25c quart.
  - (c) Denatured, 30c a quart.

#### C. ELECTRICITY.

## VARIOUS KINDS OF FUEL.

*Hard Woods*, as hickory, oak, ash, etc., produce more heat and burn more slowly than soft woods.

*Soft Woods*, as pine, cedar, birch, etc., are commonly used as kindling. Resinous pine wood gives too hot a temperature,—gives an extreme heat.

It is not an economical wood to burn for a fire; it is also likely to warp a stove.

Wood absorbs 20% moisture, and takes a great amount of heat to dry. It is organic in nature and is made up of a number of small elements,—carbon, hydrogen and oxygen making up the greater part. It has a small amount of mineral matter which is found in the form of lime, potash, soda and silica.

The framework of wood is cellulose, which is carbohydrate.

Wood stores up moisture without having the appearance of it. As soon as the wood begins to char, the moisture comes out of it.

*Soft Woods*, as pine, kindle more easily, produce intense heat, and are best for a quick-blazing fire.

*Hard Woods*, as oak, ash and hickory, burn more slowly but produce harder coals which retain the heat longer.

Many kinds of wood, especially ash, contain much alkali.

Charcoal is made from wood in underground kilns, having small openings at the top as smoke outlets. The wood becomes carbonized and gives off intense heat. As a fuel this makes a good brisk, but not a lasting fire.

Peat is of plant origin. Ages ago the trees fell, glaciers and rocks, and lastly, the water came, thus crushing all plant life. By the pressure of the earth and water, and the exclusion of air, the plants became mineralized. The substance thus formed is called peat.

It is always found in boggy places. As a fuel, its qualities are much the same as those of charcoal.

*Coal* is a mineral substance originally of vegetable origin. It commences with plant life just the same as peat does; but the coal remained in the earth a longer time. Peat is coal in process of formation.

*Sulphur* and *Tar* are the most common impurities found in coal. Soft coal contains the most tar; this passes off in smoke as do all impurities. There are two different kinds of coal; anthracite, or hard coal; and bituminous, or soft coal.

*Hard Coal*, or anthracite, contains 90 to 95% carbon. It is a kind of mineral-charcoal derived from ancient vegetation buried in the earth and so thoroughly pressed that nothing is left but pine, carbon, sul-

phur, and an incombustible ash. It kindles slowly, yields an intense heat, and burns a long time without replenishing.

*Soft Coal*, or bituminous coal, contains from 70 to 90% carbon. It is not so compact as the anthracite, and therefore has to be replenished oftener. It is not very much used, and costs from \$4.00 to \$4.50 a ton.

*Egg and Stove Coal* are mostly used for heating in furnaces.

*Nut or Chestnut Coal is Bright and Shiny*, and is mostly used for cookery.

*Pea Coal* is also used for cookery. It is cut in very small pieces and is good for "bedding fires."

*Coke* is simply coal with the gas removed. It gives an intense heat, is liable to warp the stove, and burns out very quickly. It is not a very good fuel.

The average prices of the various kinds of coal are:—

- |                          |               |
|--------------------------|---------------|
| (1) Egg Coal, .....      | \$8.00 a ton. |
| (2) Chestnut Coal, ..... | 8.00 a ton    |
| (3) Pea Coal, .....      | 6.50 a ton.   |
| (4) Coke, .....          | 5.00 a ton.   |

Buy coal in the summer time if possible, for it is much cheaper then.

---

## FLUID FUELS.

*City Gas* for illuminating purposes is made from soft coal heated in clay retorts; the sulphur and carbon dioxides are removed by quicklime.

*Heating or Fuel Gas* is made from hard coal heated red hot in air-tight retorts; the carbon dioxide and hydrogen resulting are both poisons having no odor; so that acetylene ( $C_2H_2$ ) or naphtha is usually added to discover leakage. Acetylene also makes the flame brighter. The *yellow* flame means that the gas has great lighting properties, while the *blue* flame indicates great heating properties.

*Natural Gas* is often used as a fuel, but is full of impurities and is rather smoky.

*Kerosene* is a mineral oil obtained from coal itself or from direct borings in the earth. It contains many impurities, the greatest of which is sulphur. Kerosene comes from petroleum and when it is refined paraffine and vaseline are procured from it; the resulting gases are gasoline and naphtha. Kerosene oil is the cheapest household fuel, and when of good quality it is perfectly safe to use if the burners of the stove are intended for it. It should *never* be used to kindle a coal or wood fire, because, when heated, it gives off a vapor, which is likely to explode, if it comes in contact with fire.



The purest Alcohol is obtained from grains. It gives an intense heat, but is seldom used on account of the expense—75 cents a quart.

---

### STOVES.

Points to be considered in buying a range:

Kinds of Stoves,

1. Wood
2. Coal
3. Gas
4. Electric
5. Alcohol
6. Blue-flame oil stove

*Coal Stoves*

1. Size
2. Drafts
3. Shaking of grate
4. Material
5. Cleaning

*Gas Stoves*

1. Durability
2. Quality of castings
3. Form of burner
4. Economy of fuels
5. Economy of time and labor

A good stove costs from \$50 to \$60.

---

### COAL STOVES

Plainness is a great asset in stoves; the fewer scroll trimmings, etc., there are to be kept clean and polished, the better for the housewife. She will have more time for other things; besides saving herself an output of much labor. The modern "Mission" stoves are much to be favored for their simplicity as regards trimmings. They are also very good to look at. Steel is the best material for stoves.

The fire-box should be medium-sized for too deep a one burns too much coal, and too shallow a one does not give enough heat. The lower openings are drafts; the upper one over the fire-box is a check. Notice the contrivance for removing and cleaning the ash-pan; also notice the dumping of the grate.

Small pipe flues give the best results. The heat can be regulated in many coal stoves by opening the lids over the oven one-quarter or one-third; or by opening the chimney dampers. Thorough investigation of the different qualities of stoves before purchasing is recommended.

# Fundamental Cookery Principles

1. Preparation and consideration of kind of fire and oven required.  
Clean hands and finger nails; hair *covered*.
2. Selection of food.
3. Proper care.
4. No soaking of vegetables, except cabbage, turnips, onions, brussels sprouts.
5. Wiping meats and fish with damp cloth—keep cool and covered.
6. Searing at temp. of 300° F. or brisk boiling 15 minutes to seal pores.
7. Gentle heating for soft-cooked albumen and all other proteid foods.
8. Never boil milk.
9. Have fat smoking white heat for deep fat frying. Temp. 350 to 400° F.
10. Only melt butter and sugar, except when roux or caramel is desired.
11. Have H<sub>2</sub>O just *at* boiling point for tea, coffee and drinks.
12. In white sauce blend butter and flour, add hot milk slowly, cooking paste briskly meanwhile.
13. Chop fat into flour in pastry-making with two knives.
14. Have all pastry mixtures as cool as possible and handle as little as possible.
15. Keep all fats closely covered and cold.
16. Keep all leavening powders and spices covered closely.
17. Cover all cold foods whenever possible.
18. Never cover foods when they are warm.
19. Never put hot food into refrigerator.
20. Cork olive oil tightly and never allow it to congeal.
21. In beating or stirring foods try to incorporate fresh air. Air kitchen frequently.
22. Keep all cut fruits, fruit juices and vinegar tightly covered.
23. Never put onions, cabbage or its allies, or fish into refrigerator with other foods. They will readily flavor other foods.
24. Never put waste and trimmings from vegetables or cheese in with perfect part.
25. Cook vegetables as quickly as possible—especially, those with color.
26. Serve hot foods *hot*, and cold foods *cold*.
27. Leave flour, meal, graham, etc., uncovered, or in paper bags.
28. Do not slop and drizzle liquids. If spilled, wipe up in lukewarm naphtha soap solution.

29. Never cut vegetables, or put fish on moulding board; have board special.
30. Never use wooden spoon in mixtures containing onion flavor.  
Have special dish for cooking onions.
31. Never leave metal spoons in liquids.
32. Do not burn paper or garbage on the coal fire.

- 
1. Never hull strawberries or pluck grapes, raisins, cherries, etc., from stems before washing.
  2. Plunge oysters, figs, etc., that are eaten raw—first into hot H<sub>2</sub>O and then cool and dry them before eating.
  3. Wash all fruit without soaking.
  4. Never use metallic spoon in any acid fruit or vegetable. Use wooden one.
  5. Wash boards or chopping bowl at once in cold H<sub>2</sub>O after using onion or cabbage in them. Dry in sunlight.
  6. Wood absorbs and retains flavors. Never put wet boards or trays near the fire to dry.
  7. Do not allow teakettles or double boilers to become dry. If dry and hot, let cool before adding cold H<sub>2</sub>O.
  8. Have special receptacle for matches and keep in cool, dry place; as tin can.
  9. Never throw burnt matches into waste basket. Have metal receptacle for them, throw into stove or sink.
  10. Screen all windows and doors, protect food from the common house fly, which is known to be a carrier of disease.  
Read Dr. Gordon K. Dickinson's book on the House-fly.

---

## STEPS IN MARKETING

1. Hand picked.
2. Graded.
3. Wrapped in tissue paper.
4. Packed in layers.
5. Faced—rounded up with choicest.
6. New York considered best market in East.

---

## PRESERVATION OF FOOD EXPERIMENTS

*Materials for each person.*

1. Fresh fruit.
2. Salt, sugar, cinnamon, alcohol, vinegar.
3. Five small saucers or cover glasses.
4. Five 1-ounce wide-mouthed bottles.
5. Four corks to fit bottles.

6. Cotton, sealing-wax, labels.  
Label all exp. with number, name, and date.

*Experiment I.*

Raw fruit on cover glass: (1) place in a slow oven; (2) place in refrigerator; (3) expose to ordinary temperature.

*Experiment II.*

Raw fruit: cover thickly with salt; expose at ordinary temperature

*Experiment III.*

Raw fruit: cover thickly with sugar; expose at ordinary temperature.

*Experiment IV.*

Raw fruit: cover thickly with ground spice; expose at ordinary temperature.

*Experiment V.*

Raw fruit: sliced, placed in bottle, corked and sealed.

*Experiment VI.*

Raw fruit: cover with alcohol before corking.

*Experiment VII.*

Raw fruit: cover with clear vinegar before corking.

*Experiment VIII.*

Sterilize bottle and cork. Cook the fruit without sugar. Fill the bottle with hot fruit to overflowing, cork and seal.

## LESSON II.

### 1. PRESERVATION OF FOODS.

1. OBJECT:—Destruction or arrest of germ growth.

2. MEANS:—

- a. Heat.
- b. Expulsion of air.
- c. Expulsion of moisture.
- d. Freezing.
- e. Use of antiseptics or preservatives.

3. PROCESSES:—

a. Natural Drying.

- (1) Meats.
- (2) Vegetables.
- (3) Fruits.

For example:—

- |            |                 |
|------------|-----------------|
| (1) Grapes | } Dried in Sun. |
| (2) Figs   |                 |
| (3) Dates  |                 |

b. Artificial Means.

- (1) Other Fruits dried artificially.
- (2) Fish dried in salt as an antiseptic.
- (3) Curing or smoking.
- (4) Moisture.
  - (a) Brine.
  - (b) Vinegar spiced.
  - (c) Plain vinegar.
- (5) Cold storage or freezing.
- (6) Heat,
  - (a) Canning fruits—sugar as the antiseptic.
- (7) Sealing and combining with salt.
- (8) Excess of sugar:—For example: jam.
- (9) Fruits preserved raw by surrounding with cold water, excluding Air.
- (10) Heat alone without liquid or sterilizing—used for small juicy fruits.
- (11) Use of alcohol for exhibit purposes.

---

### THREE METHODS OF STERILIZATION.

1. Wash bottles and *Bake* in oven for 20 minutes.
2. Wash bottles or jars and *Boil* 15 minutes.

3. Wash and place in *Cold* water and bring to boiling point.

NOTE—In the last two methods, place the jars, with their covers off, *Upside Down* in the water on a trivet. The rubber rings should be placed in a separate dish containing very warm water, but not *Boiling* water, as that will melt the rubber to a gum.

The jars must be air-tight when filled (this accounts for their being filled to overflowing before sealing): fermentation is caused by the growth of bacteria.

---

#### KIND OF JARS.

If *Mason Jars* are used, invert them after filling and screwing on covers, and allow them to stand thus for 20 or 30 minutes. If they leak, even the slightest bit, dip them in paraffine at once; for the jars must be absolutely *air-tight*.

The *Lightning* and the *Atlas* jars are, by far, the best kinds to use; the latter closely resembles the former, excepting that it has a larger mouth.

*Never* use a jar with a metal top as corrosion is sure to set in sooner or later and cause fermentation.

---

#### CANNING AND PRESERVING.

##### UTENSILS NEEDED.

Fruit acids attack iron or tin utensils, giving a bad odor and taste to the fruit; utensils should be porcelain lined or enameled.

Preserving kettles, colander, fine strainers, a skimmer, a ladle, a large mouthed funnel, 1 wire frying basket, bowls; silverplated, agate or wooden spoons, silver plated fruit knives, jars with new rubbers and perfect covers, squares of cheese-cloth, scales, and a wooden vegetable masher.

---

##### SELECTION AND PREPARATION.

Fruit is at its best for canning, jelly-making, etc., just before it is fully ripe. Use no imperfect fruit.

Fruit should if possible be freshly picked.

All large, hard fruits should be washed before paring.

Rub quinces with a coarse towel before washing.

Wash berries before stemming or hulling, placing a few at a time in a large colander or sieve, allowing water to flow over them quickly and placing them in a sieve to dry. Use a strawberry huller for strawberries.

## CANNING

## THREE METHODS.

2. Cooking the fruit in the jars in an oven.
2. Cooking the fruit in the jars in boiling water.
3. Stewing the fruit before placing in jars.

The principle of canning is sterilization of food and utensils. The success of canning depends upon proper sterilization. To sterilize means to free from all germ life.

Proper care means no failures unless a spore has developed in the can.

There are several methods of canning; but, while the principle is the same the conditions under which the housekeeper must do her work may make one method more convenient than others.

To exclude the air is the principle of all canning.

*Method I.*

Fruit cooked before it is put into the jars; the aim is to keep the fruit in shape by gentle cooking, and the avoidance of overcooking.

*Filling:*—Jars, covers washed and sterilized; rubbers dipped in boiling water; the fruit poured in boiling hot. Avoid air-bubbles by inserting silver knife or spoon handle and slipping it around the sides of jar. Fill can to overflowing and fasten cover on tightly.

*Method II. (Fruit cooked in the jar.)*

*Filling:*—Jars, rubbers, and covers cleansed; fruit placed in cans as compactly as possible without destroying shape; hot water or syrup poured in to overflowing. Cover laid on, but not screwed until cooking is accomplished.

*Cooking:*—Jars surrounded by hot water or steam.

*Method III.**Fruit cooked in jar without sugar or water.*

*Filling:*—Pack dry jars full of fruit; fasten down the tops at once; place them in a boiler of cold water nearly covering them; raise to the boiling point. Cook one hour, and leave them in the water until cold again. In this way they are cooked in their own juice, and are said to retain their flavor better than where water is used. (This method is not often used because in this way the fruit is not sweetened.)

*Method IV.**Fruit and vegetables canned without cooking.*

Fruits used are blueberries, crab apples, cranberries, rhubarb (cut up), and lemons; vegetables used are asparagus, corn, string

beans, peas, and shell beans. Any firm, fresh, ripe vegetable may be done in this way.

*Filling*:—Jars thoroughly cleansed; fruit carefully selected and picked over; washed and packed into jars. Cold water allowed to run over them 5 minutes or more, then sealed in usual manner. When ready to use, cook in water in which they were sealed; this is to retain flavor.

#### *Method V.*

*Old fashioned method for strawberries and raspberries, the former particularly.*

Select firm, fresh fruit; wash and dry thoroughly (drain on cheese-cloth until dry.) Hull berries; weigh fruit out. Use  $1\frac{1}{2}$  times as much sugar as fruit. Place berries in an earthen dish and mash with a silver fork. Add sugar gradually, beating all the time until all has been added. Then beat 20 minutes, still with silver fork. Pour into sterilized glass jars and seal. This is the only method to retain the natural color of the strawberries; and the preserve will keep beautifully. It is splendid for strawberry shortcake in mid-winter; it looks like fresh fruit and tastes delicious.

It is most important that the jars, rubber rings, and covers be in *perfect* condition. Examine each jar and cover to see if there are any defects. Use only *fresh* rubber rings; for if the rubber is not soft and elastic, the sealing will not be perfect. Each year numbers of jars are lost because of the false economy of using rubbers that have lost their softness and pliability. Having jars, rubbers, and rings in perfect condition, the next thing to do is to sterilize.

---

## STERILIZATION

### *Method I.*

Wash jars thoroughly; place on a trivet in a tin pan in the oven, and allow to bake for twenty minutes.

### *Method II.*

Wash jars thoroughly and place upside down on a trivet in a kettle. Surround with cold water nearly covering them; then cover the kettle, so as to subject them to steam. Let the water come to the boiling point. The covers can be placed in the same kettle, but not under the jars.

---

## FILLING OF JARS.

While filling, stand jars on a towel in a pan of hot water; or place the towel in the pan and then pour boiling water over it. Put fruit in scalding hot, and fill to overflowing. Run silver knife or spoon-



handle down sides to liberate the air there, which causes little "air-bubbles." Refill and screw on cover. When fruit is thoroughly cold, re-screw cover so it will be perfectly tight.

The work of filling and sealing jars must be done rapidly and the fruit must be boiling hot when put into jars. If screw-covers are used, it will be found necessary to tighten them after the glass has cooled and contracted.

When the fruit is cold, wipe jars with a wet cloth; paste on labels, and put the jars on shelves in a cool dark closet.

After jellies are firm and perfectly solid, pour melted paraffine over them, and seal with tin covers or pieces of paper dipped in pure grain alcohol.

---

### SYRUP MAKING.

In canning, any proportion of sugar and water may be used or fruit may be canned without the addition of sugar. That which is designed to serve as sauce should have sugar cooked with it. Fruit intended for cooking purposes need not have any sugar added to it.

It has been found possible to measure the water and the sugar, so that the percentage of sugar in a syrup can be found when the syrup begins to boil.

This can be found by the aid of a sugar-gauge; but the following table will be found all that is necessary for ordinary cooking.

---

### SUGAR TABLE.

- I. 1 pint sugar plus one-half cup water equals a syrup of 40° density (i. e. heaviness, or richness.) Use for preserved strawberries and cherries.
- II. 1 pint sugar plus 1 cup water equals 32° density. (See note under III.)
- III. 1 pint sugar plus 1½ cups water equals 28° density.  
*Note:* Use either II. or III. for preserved peaches, plums, quinces currants, etc.
- IV. 1 pint sugar plus 1 pint water equals 24° density.  
*Note:* Use IV. for canned acid fruits as pineapples, sour apples, crab apples, plums, etc. This is a good syrup for preserving the color.
- V. 1 pint sugar plus 1½ pints hot water equals 17° density.  
(See note under VII.)
- VI. 1 pint sugar plus 2 pints water equals 14° density.  
(See note under VII.)
- VII. One-half cup sugar plus 1 pint water equals 10° density.  
*Note:* Use any one of V, VI and VII for canned pears, peaches,

sweet plums, and cherries, raspberries, blueberries and blackberries.

The lightest syrups may be used for filling up the jars after taking from the boiler. The processes of syrup-making are simple, but a few points must be observed. Put the sugar and water in a saucepan, and stir until the sugar is dissolved. Heat slowly to the boiling point, and boil gently without stirring.

The length of time to boil depends upon the richness desired. All syrups should boil 10 minutes; boil longer if desired rich. If rich syrups (i. e. those containing much sugar) are boiled hard or jarred or stirred, they are liable to crystallize.

The syrup may be made a day or two in advance of canning time. Light syrups will not keep long unless sealed, but heavy syrups keep well if covered carefully.

The amount of sugar in each quart of syrup should be regulated to suit the fruit with which it is to be used. The table will be a guide, but the quantities may be increased or diminished as desired.

---

## CANNING FRUITS.

### *Method I.*

Cook fruit gently in syrup until soft, taking care not to pierce it with a fork, and not to cook it too much. When done it will have a translucent appearance. To fill, have covers, jars, and rubbers washed and sterilized. The fruit should be poured in boiling hot and jars immediately sealed.

### *Method II. (Fruit cooked in jars.)*

Have jars, rubbers and covers clean. Place fruit (whole if possible) in jars as compactly as possible without destroying shape. Pour in syrup to overflowing. Lay on covers but do not screw them (do not put rubber-rings on until afterwards.) Place on a trivet in kettle of hot water or surround by steam. Cook 45 minutes. When removed from stove, pour in more syrup if needed (this to overflowing.) Screw covers down tight, wipe off and label. Put away when cooled.

---

## MAKING SYRUP.

One-quarter pound sugar boiled with 1 pint water 10 minutes to each pound fruits. Suitable for apples, peaches, pears, quinces and plums.

---

### TO STERILIZE JARS.

Wash jars and fill with cold water. Set in a kettle on a trivet, and surround with cold water; heat gradually to boiling point. When ready to use, remove from water, empty and fill while hot. Put covers in boiling water and let stand 5 minutes. Dip rubbers into hot water but do not allow to stand.

---

### TO FILL JARS.

While filling, stand jars on towel in pan of hot water. Put fruit in scalding hot, and fill to overflowing. Run spoon or knife down sides to liberate air there. Re-fill and screw on cover. When fruit is thoroughly cold, re-screw cover so it will be perfectly tight.

---

### PRESERVING.

The difference between canning and preserving is that in the latter a larger proportion of sugar is used—the usual amount being three-fourths of a pound of sugar to one pound of fruit—and the fruit is thoroughly cooked. The methods are the same as for canning, requiring only a longer time and a heavier syrup.

---

### MARMALADES AND JAMS.

*Materials:*—Pulp, skins and juice of fruits.

*Proportions:*—Three-fourths pound sugar to one pound of fruit.

*Methods of Preparing:*—Prepare and core fruit, place in layers, with sugar in a preserving kettle. Let it stand a few minutes or over night if possible. Then cook it slowly until it becomes a thick, jelly-like mass. Stir frequently to break the fruit. When tender put in sterilized tumblers and cover with paraffine.

# Preserving

## GENERAL RULES.

Marmalades and jams are made usually from pulp left from jelly-making, or from fruit too ripe for canning or preserving.

*Jams* are made from pulp, juice and skins.

*Marmalades* contain pulp and juice, but generally no skins.

Most cook books make no distinction between jams and marmalades.

---

## JELLIES.

### GRAPE JELLY.

Boil grape juice 20 min. to allow water to evaporate. To each quart of juice add one-half pound sugar. Boil gently for five minutes, or till it will congeal when cold. Grapes vary in the amount of water they contain. Pour into sterilized glasses.

#### *Test for Jelly*

Dip a spoon into the liquid, hold it up and let it drop back, the last drop will stay on the spoon or cut off from the spoon. Take out little in saucer, will gelatinize when cold.

## CANNED PEACHES.

Eight quarts peaches.

One quart sugar.

Three quarts water.

#### *Directions*

Put sugar and water in a stewpan, stir until sugar is dissolved. Remove skins from peaches, cut in halves, remove all stones but one or two. Put a layer of peaches in syrup, cook until peaches are soft. Put in sterilized jars.

## CHILI SAUCE.

18 ripe tomatoes

7 green peppers

3 onions

2 T. salt

6 T. sugar

2 T. ground cloves

2 T. cinnamon

2 C. vinegar

#### *Directions*

Remove skins from tomatoes and chop peppers and onions fine, add other ingredients. Cover and boil gently 1½ hours.

## YELLOW TOMATO PRESERVE.

Two pounds yellow tomatoes, one-half pound granulated sugar, one medium sized lemon—juice of one half, and the other half cut in very thin slices; one-eighth cup ginger root.

*Directions:*—Peel tomatoes in the usual way, add sugar, lemon, and ginger root. Let stand over night. In the morning put into kettle, cook until tomatoes are soft. Remove tomatoes and put them into sterilized bottles. Cook the liquid to a thick syrup. Pour over tomatoes and seal.

## INDIAN SAUCE.

12 large ripe tomatoes	-	1 lb. chopped raisins
12 apples		$\frac{1}{2}$ C. salt
1 gal. vinegar		1 green pepper
2 lbs. brown sugar		6 medium onions

*Directions:*—Boil all together 1 hour covered. Strain. Add 2 T. ground ginger. Add one-eighth pound mustard mixed with one-half of the vinegar. Boil one-half hour. Bottle.

## RHUBARB MARMALADE.

1 lb. walnuts	4 lemons
4 lbs. rhubarb	6 lbs. sugar

*Directions:*—Cut fruit into 1 inch pieces. Put in kettle with 1 pint water. Boil until soft and thick, add sugar and lemons. Add nuts when nearly done.

## SWEET TOMATO PICKLE.

$\frac{1}{2}$ peck green tomatoes (small)	2 T. allspice	} unground
$\frac{1}{2}$ C. vinegar	2 T. cloves	
4 C. sugar (brown) or 2 C. maple sugar	2 T. cinnamon	

*Directions:*—Halve tomatoes. Soak in weak brine ( $\frac{1}{2}$  C. salt to 1 gallon water) over night. Place spices in cheese cloth bag, add sugar and vinegar. Cook all together until tomato is soft. Can hot.

## OLIVE OIL PICKLES.

Cover 4 quarts of sliced cucumbers with boiling water, when cold cover with weak brine,  $\frac{1}{2}$  C. salt to 1 gal. water. Let stand over night. In the morning drain, add  $\frac{1}{2}$  t. cloves,  $\frac{1}{2}$  t. allspice,  $\frac{1}{2}$  t. celery seed, 2 t. cinnamon,  $\frac{1}{2}$  C. olive oil,  $\frac{1}{2}$  C. sugar,  $\frac{1}{2}$  C. mustard seed. Cold vinegar to cover. Bottle.

## KETCHUP.

1 peck ripe tomatoes	1 T. cloves
3 C. vinegar	5 T. sugar

1 T. ground allspice	2 T. salt
2 T. cinnamon	1 t. red pepper

*Directions:*—Wash tomatoes and cut in halves. Put in kettle, cook covered until soft and pulpy. Sift, exclude seeds—add seasonings and vinegar. Cook until thick, then simmer down about one-half. Bottle while hot. Will make 5 bottles.

#### GRAPE JUICE.

Wash grapes and pick from stems. Put fruit in kettle, heat slowly and boil gently 20 minutes or until the seeds separate from pulp. Drain through cheese cloth or jelly bag over night.

To 1 quart juice add  $\frac{1}{2}$  C. sugar. Heat to boiling point. Seal in bottles. Wild grapes preferred.

#### APPLE CHUTNEY.

12 sour apples (pared, cored and cut into small pieces)	
2 green peppers, chopped	2 C. sugar
1 red pepper, chopped	Juice four lemons
1 C. raisins, chopped	1 T. ground ginger
1 pt. cider vinegar	$\frac{1}{4}$ t. cayenne
$\frac{1}{2}$ C. currant jelly	1 T. salt

Boil all until thick.

#### GRAPE CATSUP.

2 qts. ripe grapes, vinegar to cover	
1 C. sugar	1 T. cloves
1 T. cinnamon	1 T. allspice
$\frac{1}{4}$ t. cayenne	

Cook grapes in vinegar until soft, strain, add sugar and spices and cook until thick.

#### CHOW CHOW.

1 pk. green tomatoes	2 qts. vinegar
1 C. salt	1 t. white pepper
6 small onions	1 T. cinnamon
1 head celery	1 T. allspice
2 C. brown sugar	1 T. mustard

*Directions:*—Chop tomatoes, mix salt with them, let stand over night. In morning pour off water. Chop onion and celery. Mix all together. Pour on vinegar and cook till soft.

#### CANNED QUINCES AND PEARS.

4 lbs. quinces	2 lbs. pears (Seckel)
2 lbs. sugar	1 qt. water

*Directions:*—Pare and quarter quinces, pare pears, and leave whole. Simmer from 2 to 3 hours in covered dish in oven. Bottle hot.

#### SECKEL PEAR SAUCE.

Pare pears and put in saucepan. Cover with boiling water. Add to each quart of pears  $\frac{1}{2}$  C. brown sugar. Put in oven, cook until soft, then add sliced lemon cut in fine pieces. Serve cold.

#### PEACH SAUCE.

Remove skins, cut peaches in small pieces, cook in syrup, 1 C. water,  $\frac{1}{4}$  C. sugar, until soft.

#### RIPE CUCUMBER PICKLE.

$\frac{1}{2}$ pk. ripe cucumbers	$\frac{1}{2}$ C. vinegar
4 C. sugar	2 T. cloves
2 T. cinnamon (unground)	2 T. allspice

Peel cucumbers and remove seeds. Cut in half lengthwise, then cut in narrow strips  $\frac{1}{4}$  in. Soak in weak brine over night. Put spices in cheese cloth bag. Cook all until soft. Bottle hot.

#### CANNED PINEAPPLES.

Remove eyes and skin from pineapples, then cut in one-half-inch slices. Cook in boiling water until nearly soft, then put in syrup to finish cooking; place in can so that the rings of pineapple stand upright against the sides of the jar.

#### PRESERVED PEARS.

Leave whole or cut in two lengthwise, splitting the stem. Weigh the pears, and boil until in just enough water to cover. When tender take them out and make a syrup of the water in which they were boiled, allowing one pint of water and one pound of sugar to every pound fruit. Boil the syrup one hour, then put in pears and one sliced lemon to every pound. Boil gently forty minutes, then take up and put in jars. Boil the syrup until thick, and pour over the pears.

Pears preserve their shape better if the second method given under Canning is used, using a syrup of thirty degrees.

#### PRESERVED PLUMS.

Remove the skins or not. To prevent bursting, prick plums with a large needle in several places. Follow method for peaches or pears.

#### YELLOW TOMATO PRESERVES.

One pound ripe tomatoes after removing skins.  
One pound granulated sugar.

A little ginger-root.

Make as many pounds as desired. Boil gently *two* hours, then add the juice and grated rind of one lemon to every pound of sugar. Boil one-half hour, or longer if too thin. Bottle hot. Take skin off ginger-root by pouring boiling water over it.

#### PRESERVED GRAPES.

Press the pulp out of each grape. Boil the pulps until tender, then pass through a colander to remove the seeds. Mix the skins with the pulp and juice, add as many cupfuls of sugar as of grapes, and boil till thick. Seal hot.

#### STRAWBERRY PRESERVES.

Pick over, wash, drain and hull strawberries. Fill jars with berries. Make a syrup of thirty degrees. Add syrup to fruit to overflow jars; let stand fifteen minutes, when fruit will have shrunk, and more fruit must be added to fill jars. Screw on covers loosely; put in a kettle of cold water, heat to boiling point, and keep just below boiling point one hour.

Raspberries may be preserved in the same way.

#### JELLIES.

Jellies are made of cooked fruit-juice and sugar, in nearly all cases the proportion of sugar being one-half. Where failures occur, they may usually be traced to the use of over-ripe fruit.

Prepare glasses for jelly the same as for canning and preserving.

To cover jelly-glasses: (1) cut letter-paper in circular pieces to just fit the top of glasses, dip in brandy or alcohol; (2) place tin covers firmly; (3) pour on melted paraffine.

To make a jelly-bag fold opposite corners of a piece of cotton-and-wool flannel three-fourths yard long. Sew up in the form of a cornucopia, rounding at the end. Fell the seam to make more secure. Bind the top with tape and furnish two or three heavy loops by which it may be hung.

#### APPLE JELLY.

Wash and wipe the apples; remove stems and blossom ends, then cut into pieces without paring or coring. (Note: The jelly is clearer to core the apples.) Put the fruit into a porcelain-lined kettle, and barely cover with cold water. Cover and cook slowly, until the apples are very tender. Drain through a flannel bag without pressing or squeezing, as either one will make the jelly cloudy. To each pint of juice allow one pound granulated sugar. Bring the juice to boiling-point and skim, add the sugar heated, and boil rapidly until it jellies, removing the scum as it rises to the surface. It will take about twenty



to thirty minutes. Commence testing after fifteen minutes' boiling by taking a spoonful in a saucer and standing it for a moment in a cool place. If it jellies on the surface quickly, it is done. Pour into hot sterilized tumblers, cool, and cover with paraffine.

#### CRAB-APPLE JELLY.

Make the same as Apple Jelly.

Quince Jelly made the same as Apple.

#### APPLE MARMALADE.

Pare, core and cut in thin slices ripe, tart apples. To each pound of fruit allow one pound sugar and one gill water. Put sugar and water in kettle, and when dissolved add apples. For each two pounds of apples add the grated rind and juice of one lemon. Simmer gently until apples look clear. Watch carefully, and stir frequently to prevent scorching. Put into glass jars and seal.

#### CRAB-APPLE MARMALADE.

Proceed the same as for Apple Marmalade.

#### QUINCE MARMALADE.

Pare, core, and cut into pieces the fruit. Put the skins and cores into a kettle, cover with water, and boil thirty minutes, or until tender. Strain off water, and as much pulp as will pass through the colander. Add the rest of the fruit, and boil with three-fourths pound sugar to one pound fruit. Boil until it makes a jelly. It becomes solid, and is served cut into slices. The Russians cut it into inch squares, and serve it as a bonbon.

#### ORANGÉ MARMALADE.

Allow the juice and grated rind of one lemon to every five oranges. Weigh the fruit before cutting it, and allow three-fourths pound sugar to one pound fruit. Remove the peel in quarters, and boil it in plenty of water, until it is tender enough to pierce easily with a broom-straw, then drain off the water and let it cool. Remove the seeds and as much of the skin as possible from the pulp. Boil the pulp with the sugar until the orange is well cooked. When the peel is cool, take one piece at a time in the palm of the hand and with a tablespoon cut out all the white pithy part, leaving the thin yellow rind. Place a number of these pieces together, and with a sharp knife cut them in thin shreds on a board. By cutting many together in this way, it is done quickly. Add the shredded rinds to the cooked oranges and let them cook until of the right consistency. It should be very thick, but not solid like jelly. This is a very good marmalade, and resembles the Dundee brand.

Note—Add but very little of the shredded rind if it is not desired bitter.

# Relishes

## FRUIT COCKTAIL.

Cut equal portions of orange, banana and pineapple, add one-half amount of grapefruit, add sugar to fruit, chill and serve in cocktail glasses. Garnish with strawberries.

## PICCALILLY.

1 peck green tomatoes	6 medium sized onions
1½ cups salt	Vinegar
1 t. tumeric powder	1 t. cloves
2 t. cinnamon	2 cups sugar
1 red pepper	

Slice tomatoes and onions, sprinkle with salt. Let stand over night. Drain in a bag. Turn mixture into kettle, add vinegar to cover. Set over fire. Mix tumeric powder with a little vinegar. Add other ingredients. Mix all. Cook till tender. Stir occasionally.

## APPLE JAM.

Peel, core and chop tart apples. For each pound of apples allow a pound of brown sugar. Make a syrup of the sugar with water to dissolve, add the apples and for every two pounds apple the grated rind of a lemon. Add a few pieces of ginger. Cook till apples look clear and yellow. Put in sterilized jars.

## PHILADELPHIA RELISH.

2 cups cabbage	¼ cup brown sugar
1 green pepper	¼ cup vinegar
1 cup celery	1 T. gelatine

Hydrate gelatine. Chop vegetables very fine. Add sugar and vinegar. Dissolve gelatine over hot water and add. Put in moulds. Mustard ½ t. and ½ t. celery seed may be added if desired.

## ORANGE MARMALADE.

Allow the juice and grated rind of 1 lemon to every 5 oranges. Weigh fruit before cutting it, and allow ¾ lb. sugar to 1 lb. fruit. Remove the peel in quarters and boil it in plenty of water until it is tender enough to pierce easily. Drain off water and cool. Remove seeds and as much of the membrane as possible from pulp. Boil pulp and sugar till well cooked. When peel is cool take one piece at a time and remove all the white pithy part, leaving the thin yellow rind. Place a number of these pieces together on a board and with a sharp,

thin knife cut them in thin shreds. Add the shredded rinds to the cooked oranges and let them cook until of the right consistency—thick, but not solid. Seal hot. Too much rind will render it bitter.

#### GRAPE FRUIT.

Wash grape fruit, cut in half, remove seeds. Cut out pulp in centre with scissors or grape fruit knife. Cut around pulp and skin, then separate pulp from tough portion which divides fruit into sections. Add 1 t. sugar in centre of each. Oysters may be added in centre, or fruit juices.

#### PICCALILLI.

4 doz. small cucumbers	1 small cabbage
3 qts. small green string-beans or 1 doz. green tomatoes	1 t. ginger
4 red peppers	1 t. pepper
4 green peppers	1 t. mace
$\frac{1}{4}$ stick mustard seed	Vinegar to cover

Tie spices in muslin bag. Chop vegetables and cover with weak brine. (1 c. Nacl plus 4 qts. water.) Let stand over night. Drain. Cover with hot vinegar, add spice bag and let stand till next morning. Reheat vinegar and pour over the pickles. Continue 3 days. Seal in jars.

#### SCALLOP COCKTAIL.

$\frac{1}{2}$ pt. small scallops	1 t. chives
$\frac{3}{4}$ t. salt	$\frac{1}{2}$ t. chopped shallot
$\frac{1}{4}$ t. white pepper	$\frac{1}{2}$ t. olive oil
1 t. chopped parsley	10 drops tabasco sauce
$1\frac{1}{2}$ t. Worcestershire sauce	1 T. tomato catsup
$\frac{1}{8}$ t. dry mustard	1 t. grated horse-radish
2 T. vinegar	

#### RHUBARB GINGER.

Peel rhubarb, cut in cubes	Juice $\frac{1}{2}$ lemon, <i>yellow of</i>
2 C. rhubarb cubes	rind, cut in thin short
1 C. sugar	strips
	$\frac{1}{4}$ C. ginger root, cut thin

Cover, cook till thick as marmalade.

# Relishes

## FRUIT COCKTAIL.

Cut equal portions of orange, banana and pineapple, add one-half amount of grapefruit, add sugar to fruit, chill and serve in cocktail glasses. Garnish with strawberries.

## PICCALILLY.

1 peck green tomatoes	6 medium sized onions
1½ cups salt	Vinegar
1 t. tumeric powder	1 t. cloves
2 t. cinnamon	2 cups sugar
1 red pepper	

Slice tomatoes and onions, sprinkle with salt. Let stand over night. Drain in a bag. Turn mixture into kettle, add vinegar to cover. Set over fire. Mix tumeric powder with a little vinegar. Add other ingredients. Mix all. Cook till tender. Stir occasionally.

## APPLE JAM.

Peel, core and chop tart apples. For each pound of apples allow a pound of brown sugar. Make a syrup of the sugar with water to dissolve, add the apples and for every two pounds apple the grated rind of a lemon. Add a few pieces of ginger. Cook till apples look clear and yellow. Put in sterilized jars.

## PHILADELPHIA RELISH.

2 cups cabbage	¼ cup brown sugar
1 green pepper	¼ cup vinegar
1 cup celery	1 T. gelatine

Hydrate gelatine. Chop vegetables very fine. Add sugar and vinegar. Dissolve gelatine over hot water and add. Put in moulds. Mustard ½ t. and ½ t. celery seed may be added if desired.

## ORANGE MARMALADE.

Allow the juice and grated rind of 1 lemon to every 5 oranges. Weigh fruit before cutting it, and allow ¾ lb. sugar to 1 lb. fruit. Remove the peel in quarters and boil it in plenty of water until it is tender enough to pierce easily. Drain off water and cool. Remove seeds and as much of the membrane as possible from pulp. Boil pulp and sugar till well cooked. When peel is cool take one piece at a time and remove all the white pithy part, leaving the thin yellow rind. Place a number of these pieces together on a board and with a sharp,

### RHUBARB GINGER.

Peel rhubarb, cut in cubes

2 C. rhubarb cubes

1 C. sugar

Juice  $\frac{1}{2}$  lemon, *yellow of*  
rind, cut in thin short  
strips

$\frac{1}{4}$  C. ginger root, cut thin

Cover, cook till thick as marmalade.

12

thin knife cut them in thin shreds. Add the shredded rinds to the cooked oranges and let them cook until of the right consistency—thick, but not solid. Seal hot. Too much rind will render it bitter.

### GRAPE FRUIT.

Wash grape fruit, cut in half, remove seeds. Cut out pulp in centre with scissors or grape fruit knife. Cut around pulp and skin, then separate pulp from tough portion which divides fruit into sections. Add 1 t. sugar in centre of each. Oysters may be added in centre, or fruit juices.

### PICCALILLI.

4 doz. small cucumbers	1 small cabbage
3 qts. small green string-beans or 1 doz. green tomatoes	1 t. ginger
4 red peppers	1 t. pepper
4 green peppers	1 t. mace
$\frac{1}{4}$ stick mustard seed	Vinegar to cover

Tie spices in muslin bag. Chop vegetables and cover with weak brine. (1 c. Nacl plus 4 qts. water.) Let stand over night. Drain. Cover with hot vinegar, add spice bag and let stand till next morning. Reheat vinegar and pour over the pickles. Continue 3 days. Seal in jars.

### SCALLOP COCKTAIL.

$\frac{1}{2}$ pt. small scallops	1 t. chives
$\frac{3}{4}$ t. salt	$\frac{1}{2}$ t. chopped shallot
$\frac{1}{4}$ t. white pepper	$\frac{1}{2}$ t. olive oil
1 t. chopped parsley	10 drops tabasco sauce
$1\frac{1}{2}$ t. Worcestershire sauce	1 T. tomato catsup
$\frac{1}{8}$ t. dry mustard	1 t. grated horse-radish
2 T. vinegar	

Cook scallops 5 minutes, drain, add to sauce, chill and serve in cocktail glasses.

### SPICED GRAPE.

7 lbs. Concord grapes	4 lbs. brown sugar
1 qt. vinegar	1 T. cinnamon
1 T. clove	$\frac{1}{2}$ t. white pepper

*Directions:* Separate skins of grapes from pulp. Cook the pulp until seeds can be removed easily. Put through puree sieve. Add skins, sugar and vinegar. Cook  $1\frac{1}{2}$  hours, until skins are tender. Add spices, cook 10 minutes, covered. Seal hot.

## ABBREVIATIONS.

T. equals	.....	tablespoon
t. equals	.....	teaspoon
Ssp. equals	.....	saltspoon
C. equals	.....	cupful
Spk. equals	.....	speck
F. G. equals	.....	a few grains
M. equals	.....	minute
H. equals	.....	hour
Qt. equals	.....	quart
Pt. equals	.....	pint
Lb. equals	.....	pound
Oz. equals	.....	ounce

## EQUIVALENTS.

4 ssp. equal	.....	1 t.
3 t. equal	.....	1 T.
4 T. equal	.....	$\frac{1}{4}$ C.
16 T. (dry material) equal	.....	1 C.
12 T. (wet material) equal	.....	1 C.
2 T. butter equal	.....	1 ounce
4 T. flour equal	.....	1 ounce
2 C. butter equal	.....	1 pound
4 C. flour equal	.....	1 pound
2 C. meat chopped fine equal	.....	1 lb.
2 C. granulated sugar equal	.....	1 lb.
1 square Baker's chocolate		
		equals 1 ounce
1 T. cornstarch equals	.....	1 egg in thickening properties

Small quantities of flavoring are measured by drops. It is usual to allow sixty drops of thin liquids to a teaspoon.

---

 MEASURING.

1. Flour should be sifted before measuring, then sifted again into other ingredients.
2. Meal, powdered and confectioner's sugar and mustard, should be sifted before measuring and should be placed in the measuring-cup lightly with a spoon, not packed hard.
3. All materials to be measured level; the levelling to be done with the back of a case-knife and without patting down material.
4. To measure butter, lard, or any other solid fat, pack solidly into cup or spoon and make level with a knife. When butter is bought in prints it is simpler to divide by ounces than by the tablespoon. Two level tablespoons of butter equal one ounce.
5. For half a spoon, divide the spoonful lengthwise. A half of a spoonful is divided crosswise to measure a quarter, and a quarter crosswise to measure an eighth. Less than one-eighth is called "a few grains." A speck of anything is as much as will lie on the tip of a pointed knife.  
A cupful of liquid is all the cup will hold.  
A saltspoon equals a quarter of a teaspoon.
6. Baking powder should be shaken up lightly with a spoon before measuring.



## SOME GENERAL RULES.

*Sift* all dry ingredients before measuring.

*Pack* down all fats before measuring.

All ingredients, except fats, are measured *lightly*.

A liquid cupful is all a cup will hold.

All measurements are *level*.

Glass cup is used for liquids and fats. *Never pour hot liquid* into glass cup.

One tablespoonful of butter melted is measured *before* melting.

All cups or spoons should be heaped full and measured off with a knife and never shaken off.

Measure half tablespoons and teaspoons *lengthwise*.

When dry ingredients, liquids, and fats are called for in the same recipe, measure in the order given, using the standard measuring cup.

# Foods

Our foods are derived from the mineral, vegetable, and animal kingdoms and from the air we breathe while rest, sleep and recreation are also foods especially for nerves.

The *mineral foods* are of two kinds, the inorganic and the organic. Water and common salt, sodium chloride, are the two most common inorganic compounds that we use directly as foods; while the organic mineral compounds are found chemically combined in all our vegetable and animal foods. To prepare our food in such a way as to preserve and not liberate these organic mineral compounds is one of the vital principles of the science and art of cooking.

We absorb and assimilate these organic mineral compounds readily and they enter into the chemical composition, in varying amounts and kinds, in every cell in the body.

---

## CLASSES OF FOODS.

- |                 |                 |
|-----------------|-----------------|
| 1. Mineral      | { inorganic     |
|                 | { organic       |
| 2. Nitrogenous. |                 |
| 3. Carbonaceous | { Glycerides    |
|                 | { Carbohydrates |
|                 | { Organic Acids |

The nitrogenous foods constitute the fundamental principle of cell life; they contain nitrogen and yield nitrates, nitrites and ammonia when decomposed outside the body by certain bacteria; hence their name nitrogenous. One of the purest forms of nitrogenous food is the white of egg; other examples are fish, cheese, most of solid part of eggs, lean meat of all kinds; lobster, mushrooms and gluten of wheat.

Proteid or nitrogenous food should be cooked by gentle heat as firmly coagulated proteid is a wholly different substance chemically than the delicately coagulated. When cooked hard and dry it is much more difficult of digestion. After meats are seared to retain juices they should then be cooked by a lower heat. The proteid foods are found most abundant in the animal world.

The carbonaceous foods consist largely of carbon and water and are among the most rapidly formed in the vegetable kingdom. The starches and sugars are the principal types of this class. Potato, rice, tapioca, full grown peas and beans, bananas—vegetables and fruits. Combined with the starch and sugar we find the organic acids and

salts. The sugar, salts and acids are easily lost or destroyed in preparing and cooking these foods. Vegetables and fruits should not be soaked in water. Wash with brush, do not scrape, cook quickly, covered and reabsorb as much of water as possible. Baking is a more economical process. Thrust into boiling water to cook. Leave cover off in cooking vegetables rich in sulphur compounds; as beans, cabbage, cauliflower, brussel sprouts, onions.

Wash spinach in seven waters without soaking and cook covered in water that adheres to leaves. Cellulose and starchy part of turnips may be converted to dextrine by cooking by baking process. In this way valuable salts are preserved. Cellulose of onions may be converted to sugar by baking process and starch of bananas to dextrine and sugar by same process. Steaming also is better than boiling. If the nutrients be lost in preparing vegetables and fruits, cellulose, a fiber, is about all that is left. It is not a nutrient. Celery, spinach, asparagus, tomatoes, lettuce, rice are rich in organic mineral matter. Do not waste it. The human body needs it.

The glycerides are the fats and oils of all foods. They consist of fatty acids and glycerine combined chemically. They should be kept cool and covered tightly. Fats exposed to the air are acted upon chemically by the oxygen of the air and the fatty acid is thus set free. This is the first step on the road to rancidity which renders fat unfit for household use.

All kinds of fats and oils contain acids. Cream is the most easily digested of fats and olive oil ranks next. Olive oil contains hydrochloric acid free, which is a natural antiseptic. Fats require more oxygen for their combustion than starches and thus yield more heat. They should be eaten more freely in winter than any other season. Fats and oils are found abundant in the animal kingdom. Egg yolk contains considerable fat, and oysters a little. In the vegetable world nuts yield the most while carrots and parsnips contain some and beans and potatoes only a trace. The volatile oils are easily lost by the boiling process.

The organic acids are found in all foods and by uniting with bases form compounds that render the blood and lymph alkaline in health. Preserve the acids.

*Proteid Foods:*

lean meat  
fish  
cheese  
egg  
milk  
mushrooms  
young peas, beans  
artichokes

*Carbohydrate Foods:*

rice  
potato  
tapioca  
beans  
peas  
wheat  
corn  
sugar

*Glycerides:*

fats  
oils  
butternuts  
English walnuts  
olive oil  
cream  
butter

*Nerve Building Foods:*

yolk of egg  
fat of meat  
fat of fish  
cream  
olive oil  
almonds  
sleep  
fresh air

*Organic Acids:*

Malic—in apples  
Oxalic—in rhubarb  
Acetic—in oranges, lemons, fruits, molasses, vinegar, vegetables.  
Citric—lemons, milk  
Tartaric—grapes  
Hydrochloric—olive oil  
Hydrocyanic—peaches, cherry  
Lactic Acid—buttermilk, milk

*Foods Containing Organic Iron.*

spinach	young beets	celery
beans	yolk of egg	lettuce
carrots	beef	almonds

*Foods Containing Potassium and Sodium:*

lemons	celery	beans
potatoes	lettuce	egg
tomatoes	buttermilk	cauliflower

*Foods Containing Calcium (lime)*

rice	milk	lettuce
celery	asparagus	fish
beef	egg	almonds
		buttermilk

*Foods Rich in Glycogen (Animal Starch)*

liver	oysters	clams	chocolate
-------	---------	-------	-----------

*Foods Containing Magnesium:*

milk	cocoanut	asparagus
------	----------	-----------

*Foods Containing Phosphates:*

beef	fish	egg yolk
celery	lettuce	asparagus

All foods yield heat when burned in the body, but the Nitrogenous are more especially muscle and tissue building while the Carbonaceous yield heat and muscular energy. Fresh air is important, together with exercise, for a complete utilization of food that it may yield the greatest efficiency to man.

---

## EXPERIMENTS WITH STARCH

### I. Proportions.

	Water	Starch	Flavoring	Time
No. 1.	$\frac{1}{2}$ pint	1 T.	Lemon	5 min.
No. 2.	$\frac{1}{2}$ pint	2 T.	or	30 min.
No. 3.	$\frac{1}{2}$ pint	3 T.	Orange	30 min.
No. 4	$\frac{1}{2}$ pint	4 T.		5 min.
No. 5	$\frac{1}{2}$ pint	5 T.		5 min.

### II. Methods of Mixing.

(1) Mix starch and entire quantity of cold water to a smooth paste. Heat to boiling point. Note stirring necessary and the length of time required to make the mixture clear.

(2) Mix the starch with four tablespoons of water. Raise the remaining portion to the boiling point; add the starch-paste slowly to the boiling water.

(3) Pour the boiling water on the starch-paste.

### III. Note the following:

1. Compare the three methods as to length of time required, efficiency.
2. Note change in color, consistency, and flavor.
3. Compare starch cooked five minutes with starch cooked thirty minutes; hot and cold.
4. Note the thickness of each mixture while hot, and for what purpose each might be suitable, e. g., for cream toast; for cream soup; for croquettes.
5. Note the thickness of the mixture when cold; for what purpose each might be suitable, e. g., cold pudding or a blanc mange.
6. In using milk as the liquid, what change in method of cooking would be necessary? When should flavoring be added? Lemon, for example.

---

## WHITE SAUCE.

### I. Proportions

	Liquid	Butter	Flour	Salt
No. 1	1 pint	1 tbl.	1 tbl.	$\frac{1}{2}$ tsp.

No. 2	1 pint	2 tbl.	2 tbl.	$\frac{1}{2}$ tsp.
No. 3	1 pint	3 tbl.	3 tbl.	$\frac{1}{2}$ tsp.
No. 4	1 pint	4 tbl.	4 tbl.	$\frac{1}{2}$ tsp.
No. 5	1 pint	5 tbl.	5 tbl.	$\frac{1}{2}$ tsp.

## II. *Methods of Cooking.*

1. Melt the butter and cook till it bubbles; add the flour; allow this to cool. Add the liquid cold to the mixture, and heat to the boiling point, stirring rapidly all the time. Boil until thickened, about five minutes. Add the salt.

2. Proceed as in No. 1, except add the milk hot to the flour and butter.

3. Cream butter and flour, add liquid, and cook over the fire until thick.

4. Cook flour in liquid, add butter, a little at a time, just before taking from the fire.

---

### CHOCOLATE BLANC MANGE.

1 pint milk	Whites 3 eggs
6 T. cornstarch	$\frac{1}{2}$ tsp. vanilla
6 T. sugar	1 $\frac{1}{2}$ squares Baker's chocolate

### DIRECTIONS.

Dissolve the cornstarch in a little of the cold milk. Place the remaining milk in a double boiler, and add the sugar. When scalded, add the cornstarch, and place directly over the blaze, stirring until it thickens; then return to the double-boiler and cook one-half hour. Remove from the fire, add the flavoring and the beaten whites. Turn one-third the mixture into a saucepan, and add the chocolate melted. Let it cook one minute to set the chocolate. Pour into a plain cylindrical mould, first a layer of white, making it smooth and keeping the edges even; then the layer of chocolate—smooth in the same way; then the remaining white cornstarch, making three even layers. Serve with whipped cream.

Pleasing variations are made by adding one cup of well drained canned fruit, such as cherries, strawberries, raspberries, peaches, etc., when the cornstarch is sufficiently set to hold them in place. Serve the juice of the fruit as a sauce.

---

### BOILED CUSTARD.

1 pint milk	$\frac{1}{2}$ saltspoon salt
yolks 3 eggs	$\frac{1}{2}$ teaspoon vanilla
	3 tablespoons sugar

Boiled custard is the basis of many puddings, ice creams and sauces. It requires care to get it just right, for the cooking must be

arrested at the right point; a moment too soon leaves it too thin, a moment too long curdles and spoils it. It should have the consistency of thick cream, and be perfectly smooth. It is safer to make it in a double boiler. Bring the milk to the scalding point (in the double boiler) without boiling, then take from the fire and pour it slowly into the eggs and sugar, which have been beaten to a cream; stir all the time; replace on the fire and stir till the custard coats the spoon, or a smooth creamy consistency is attained, then immediately strain it into a cold dish and add the flavoring. If vanilla bean, peach leaves or lemon zest, are used for flavoring, they can be boiled with the milk. If by accident the custard begins to grain, arrest the cooking at once by putting the saucepan in cold water; add a little cold milk and beat it vigorously with a Dover beater.

Five eggs to a quart of milk will make a good boiled custard; but six or eight make it richer. It is smoother when the yolks only are used, yet the whole egg makes a good custard; and in the emergency of not having enough eggs at hand a little cornstarch may be used.

Boiled custard may be flavored with vanilla, almond, rose, maraschino, noyau, caramel, coffee, chopped almonds, grated cocoanut, or pounded macaroons. The cocoanut makes a delicious custard, but must be rich with eggs, and stiff enough to keep the cocoanut from settling to the bottom.

---

## CEREALS

The word "cereal" means a flowering plant. Cereals are the most easily grown of all vegetables.

They contain a large amount of starch, and that is why they require so long a time to cook—to convert the starch into dextrine so as to be more easily assimilated or digested. Starch cannot be digested without being cooked.

In the amount consumed, wheat ranks first among cereals; rice comes next, and then maize, or corn. The red, yellow and white corn is used; some of its products are corn meal, corn starch, hominy, samp and cerealine.

Oatmeal contains the largest amount of proteid, a muscle building property, of any of the cereals; but it also contains the smallest amount of fat of any cereal.

Corn meal contains the following properties in the proportions given below:

8 9-10% proteid matter  
 2-10% fat  
 75 1-10% starch  
 9-10% mineral matter (or salts)  
 12 9-10% water

With all cereals, the aim is to have each grain separate. For this reason it is better to use the *coarse* corn meal for mush (the yellow kind is best) in preference to the bolted corn meal, which is a very fine grain almost like powder.

### 1. *Method of Cooking.*

Utensil: Double boiler. Measure the water and cereal. Bring the required amount of water to boiling point in the inner part of the double boiler. Add the salt, and pour in the cereal slowly, stirring with a fork, so grains may retain shape. Let the boiling continue until the mixture begins to thicken, then place the inner part of the double boiler in the lower portion, which should contain boiling water. Allow the cereal to cook until soft. No cereal should be cooked less than twenty minutes over free flame. The time depends upon the kind of cereal used.

### 2. *Method of Serving.*

1. Hot, with cream, with or without sugar.
2. Cool in moulds, and serve cold. With jelly or fruit it makes a simple dessert for children.
3. When cold, slice, and brown in butter, or other fat, serving hot.

TABLE FOR COOKING CEREALS.

	Kind	Quantity	Salt	Water	Time.	
					Free Flame	Double Boiler
1.	Farina	1-3 C.	$\frac{3}{4}$ tsps.	1 2-3 C.	20 min.	1 hr.
2.	Barley crystals	1-3 C.	$\frac{1}{2}$ tsps.	1 C.	20 min.	1 hr.
3.	Pettijohn's	1-3 C.	$\frac{1}{2}$ tsps.	2 C.	25 min.	1 hr.
4.	Steam cooked and Rolled Wheats	1-3 C.	$\frac{1}{2}$ tsps.	1 C.	20 min.	1 hr.
5.	Steam cooked and Rolled Oats	1-3 C.	$\frac{1}{2}$ tsps.	1 C.	30 min.	1 hr.
6.	Rolled Avena	1-3 C.	$\frac{1}{2}$ tsps.	1 C.	30 min.	1 hr.
7.	Quaker Rolled Oats	1-3 C.	$\frac{1}{2}$ tsps.	2 C.	30 min.	3 hr.
8.	Vitos	1-3 C.	$\frac{1}{2}$ tsps.	1 1-2 C.	30 min.	1 hr.
9.	Wheatlet	1-3 C.	$\frac{1}{2}$ tsps.	2 C.	30 min.	2 hr.
10.	Wheatena	1-3 C.	$\frac{1}{2}$ tsps.	2 C.	30 min.	1 hr.
11.	Wheat germ	1-3 C.	$\frac{1}{2}$ tsps.	2 C.	30 min.	1 hr.
12.	Germeda	1-3 C.	$\frac{1}{2}$ tsps.	1 1-2 C.	30 min.	1 hr.
13.	Rice (steamed)	1-3 C.	$\frac{1}{2}$ tsps.	1 1-2 C.		1 hr.
14.	Hominy, fine,	1-4 C.	$\frac{1}{2}$ tsps.	1 C.	1 hr.	2 hr.
15.	Wheat grits	1-3 C.	$\frac{1}{2}$ tsps.	1 C.	$\frac{1}{2}$	2 hr.
16.	Hominy, coarse,	1-3 C.	1 tsps.	2 C.	1 hr.	4 hr.
17.	Oatmeal	1-3 C.	$\frac{3}{4}$ tsps.	2 C.	$\frac{1}{2}$	4 hr.
18.	Samp	1-3 C.	1 tsps.	3 C.	1 hr.	4 hr.
19.	Corn meal	1-3 C.	$\frac{1}{2}$ tsps.	3 1-2 C.	1 hr.	3 hr.



## CORN MEAL MUSH.

1 C. corn meal                      4 C. boiling water                      1t. salt

Allow water to bubble, stir in salt, then corn meal, with a fork, keeping water boiling all the time. Let cook over free flame 1 hr. Place in double boiler and cook four or five hours.

## CEREAL WITH FRUIT.

$\frac{3}{4}$  cup wheatena                      1 tsp. salt  
3 cups boiling water                       $\frac{1}{2}$  lb. dates, stoned and cut in pieces.

Cook, according to directions, thirty minutes, add the dates, and serve with cream. Chopped figs can be used, and fruits of firm texture.

## OATMEAL MUSH WITH APPLES.

Core apples, leaving large cavities; pare and cook until soft in syrup made of boiling sugar and water together. Fill cavities with oatmeal mush; serve with sugar and cream.

## BOILED RICE.

1 cup rice                      2 qts. boiling water                      1 tsp. salt

Pick over rice, and wash thoroughly; add slowly to boiling salted water so as not to check boiling of water. Boil thirty minutes, or until soft, which may be determined by testing kernels. Old rice absorbs more moisture than new rice, and takes longer for cooking. Drain in coarse strainer, and pour over one quart hot water; return to kettle, cover, and place on back of range, to dry off, when kernels are distinct. When stirring rice always use a fork to avoid breaking kernels.

## RICE WITH PARSLEY OR CHIVES.

$\frac{1}{2}$  cup rice                      2 T. butter                      1 T. chopped parsley or chives

Cook rice till tender in boiling salted water. Add butter and chive. Mix with fork. Serve as vegetable.

## TURKISH RICE OR PILAU.

1 cup rice                      3 cups stock and strained tomato

Cook rapidly 10 minutes. Place in double boiler and cook till rice is tender.

## MACARONI.

Macaroni, spaghetti and vermicelli are forms of Italian pastes made from the glutinous flour of hard wheat.

*How to Know Good Macaroni.*

1. Yellowish in color.

2. Rough in texture.
3. Breaks clean without splitting.
4. Swells in boiling to double its bulk.
5. Does not become pasty.
6. Does not lose its tubular shape.

### *Preparation*

Similar to cereal preparation.

1. Cooked in large quantity of boiling water 20 to 40 minutes.
2. Drained.
3. Cold water poured through it to keep tubes from sticking together.
4. Cut in rings for soup or in short sections for croquettes or to serve in a sauce.

Macaroni is bought in pound packages;  $\frac{1}{4}$  of a pound will measure about 1 quart when cooked.

### MACARONI WITH CHEESE.

1 pint boiled macaroni	salt and pepper
1 C. thin white sauce	$\frac{1}{2}$ C. chopped cheese

### BUTTERED CRUMBS.

Put macaroni and cheese in layers in a buttered baking dish, moisten with sauce, cover with crumbs and bake until brown. Cheese may be omitted.

1 oz. or  $\frac{1}{4}$  cup equals  $\frac{1}{2}$  cup white sauce.

### MACARONI WITH OYSTERS.

Add 1 C. oysters highly seasoned with salt and pepper; to 1 pint boiled macaroni. Moisten with 1 C. cream or white sauce, cover with crumbs and bake.

Individual cup:  $\frac{1}{4}$  cup macaroni,  $\frac{1}{4}$  cup oysters.

### MACARONI WITH TOMATO.

1 t. chopped onion	$1\frac{1}{2}$ C. strained tomato
1 T. butter	$\frac{1}{2}$ t. salt
1 T. flour	1 pint boiled macaroni

Fry onion in butter until slightly colored, add flour; when well mixed, add gradually the tomato and salt; making sauce. Stir in macaroni and re-heat in a double boiler or in the oven.

Spaghetti and Vermicelli may be cooked in any way in which macaroni is cooked, but is usually served with tomato sauce. It is cooked in long strips rather than in broken pieces. To accomplish

this, hold quantity to be cooked in the hands and dip ends in boiling water; as spaghetti softens, it will bend and may be cooked under the water.

$\frac{1}{4}$  spaghetti

1-3 C. tomato

Rinse mold in cold water.

#### MACARONI MOLD.

Cook 1 package macaroni in boiling salted water without breaking sticks. When tender, wash sticks in cold water. Butter well any mold with flat surface and beginning in middle of the bottom coil macaroni round till surface is covered. Have ready  $2\frac{1}{2}$  C. hot creamed meat or fish very thick. As macaroni rises to top of mold put meat inside to keep in place. Add more macaroni until dish is full. Bake one-half hour in pan of hot water. Garnish with parsley and serve with white sauce.

## EXPERIMENTS IN FERMENTATION

### Bread

1. *Materials Required:*

- 6 one-ounce wide-mouthed bottles.
- ½ cup molasses
- 1 pint water, yeast cake

2. EXPERIMENT No. 1:

1. Fill first bottle with mixture at 70° F.
2. Fill the second bottle and reduce temperature to 32° F.
3. Fill third bottle and expose mixture to boiling temperature. Invert all on saucers, and set away in place of uniform tem.

RESULTS:

- (1)
- (2)
- (3)

4. Fill bottle with mixture, putting cotton in top. Reduce temperature by packing bottle in ice and salt. After mixture thaws, put in cork, and invert; observe action.

RESULT :

5. Dissolve 1-8 yeast cake in a small amount of water, without any sweetening, cover and invert.

RESULT :

6. Prove gas in bottles is not air by using lime water.

---

#### FRENCH BREAD (Water Bread)

- |                    |              |
|--------------------|--------------|
| 2 cups tepid water | 6 cups flour |
| 1 tsp. salt        | 1 yeast cake |

Put two-thirds of the sifted flour in a bowl; add the water in which the yeast cake and salt have been dissolved, beating the mixture vigorously ten minutes, until it is smooth and spongy.

Let it rise until full of bubbles; cut it down and work in gradually 1½ cups of the reserved flour. Knead 20 to 30 minutes, until it is smooth and satiny, and ceases to stick to the hands. Place the dough in a rising pan, brush over lightly with water or melted butter, and let rise until double in bulk. Knead again, mold into loaves and bake 45 to 60 minutes in a moderate oven.

## VIENNA BREAD.

1 cup scalded milk	5½ to 6 cups flour
1 cup water	1 yeast cake dissolved
1 tsp. salt	in ¼ cup luke-warm water

Scald the milk, add the salt and the cold water; when luke-warm add the dissolved yeast cake. Pour this upon two-thirds of the flour, and beat thoroughly ten minutes. Set in a warm place to rise, until double in bulk. Add one-half the remaining flour, using the rest to flour the board. Knead 20 to 30 minutes; allow to rise a second time. Cut down, knead, and shape into loaves, pointed at the ends. Bake in long, rounded pans 45 minutes. When nearly done brush over with white of egg or a little thin cooked starch-paste to give a glaze.

## ENTIRE WHEAT BREAD No. 1

(Without Kneading.)

2 cups scalded milk	1 tsp. salt
¼ cup sugar, or 1-3 cup molasses	1 yeast cake dissolved in ¼ cup
	luke-warm water

Add sweetening and salt to milk, cool, and when luke-warm add dissolved yeast cake and flour; cover, and let rise to double its bulk. Again beat, and turn into greased bread pans, having pans one-half full; let rise and bake. Entire wheat bread should not quite double its bulk during last rising. This mixture may be baked in gem pans, making 24 muffins, or two loaves of bread.

## ENTIRE WHEAT BREAD, No. 2

(Kneaded)

1 cup milk scalded	1 yeast cake dissolved in ¼ cup
1 cup water	water
2 T. sugar	4½ to 5 cups flour
1 tsp. salt	

Mix according to directions for Entire Wheat Bread, No. 1, reserving 1½ cups flour; beat vigorously ten minutes, then work in gradually one-half the reserved flour, using the remainder to flour the board. Use as little flour on the board as possible. Knead the dough until it is elastic and ceases to stick to the board, 20 to 30 minutes. Place in a bread pan, brush over lightly with water or melted butter, cover closely and let rise until double in bulk. Knead again, then mold into loaves, let them rise until nearly twice their original size, and bake in a moderate oven 45 to 60 minutes, according to the size of the loaf.

## GRAHAM BREAD.

2½ cups water, or equal parts water and milk	
1-3 cup molasses	3 cups flour
¼ yeast cake dissolved in water	3 cups Graham flour
1½ tsp. salt	

Prepare and bake as entire wheat bread No. 1 or No. 2. The bran remaining after sifting Graham flour should be discarded.

#### RYE BREAD.

1 cup scalded milk	$\frac{1}{4}$ yeast cake dissolved in $\frac{1}{4}$ cup
1 cup boiling water	luke-warm water
2 T. butter	3 cups flour
1-3 cup brown sugar	Rye meal

To milk and water add butter, sugar and salt; when lukewarm add dissolved yeast cake and flour; beat thoroughly, cover, and let rise until light. Add rye meal until dough is stiff enough to knead; knead thoroughly, let rise, shape in loaves. let rise again, and bake in a moderate oven 45 minutes.

#### PARKER HOUSE ROLLS.

2 cups scalded milk	1 yeast cake dissolved in $\frac{1}{4}$ cup
3 T. butter	lukewarm water
2 T. sugar	flour, $5\frac{1}{2}$ to 6 cups
1 tsp. salt	

Add butter, sugar and salt to milk; when lukewarm add dissolved yeast cake and 3 cups flour. Beat thoroughly, cover, and let rise until light; cut down, and add enough flour to knead. Let rise again, toss on slightly floured board, knead, pat, and roll out to 1-3 inch thickness. Shape with biscuit cutter first dipped in flour. Dip handle of case-knife in flour and with it make a crease through middle of each piece; brush over one-half of each piece with melted butter; fold and press edges together. Place in greased pan, one inch apart; let rise and bake in hot oven 12 to 15 minutes.

#### SALAD OR DINNER ROLLS.

Use same ingredients as for Parker House Rolls, allowing one-fourth cup butter. Shape in small biscuits, place in rows on a floured board or pan, cover with cloth and pan, and let rise until light and well puffed. Flour handle of wooden spoon and make a crease in middle of each biscuit; take up and press edges together. Place closely in buttered pan, cover, let rise, and bake 12 to 15 minutes in hot oven.

To make a braid, cut the rolled dough in strips one inch wide by six inches long, and pinch 3 strips together at the end, then form into a braid; or, roll little balls of dough into long pieces as for sticks, and then braid them.

To make crescents, roll the dough until one-eighth inch thick; cut into pieces five inches square and then into triangles. Hold the apex of triangle in right hand, roll the edges next the left hand over and over toward the right, stretch the point and bring it over and under the roll; bend the ends of the roll; bend the end of the roll round like a horseshoe.

## SWEDISH ROLLS.

Use recipe for Salad Rolls. Roll to one-fourth inch thickness, spread with butter, sprinkle with 2 tbsp. sugar mixed with 1-3 tsp. cinnamon, 1-3 c. stoned raisins, finely chopped and 2T. chopped citron; roll up like jelly-roll, and cut into  $\frac{3}{4}$  inch pieces. Place pieces in pan close together flat side down; let rise and bake. When rolls are taken from oven, brush over with white of egg slightly beaten, diluted with  $\frac{1}{2}$  tsp. water; return to oven to dry egg.

## BREAD STICKS.

1 cup scalded milk	1 yeast cake dissolved in $\frac{1}{4}$ cup
$\frac{1}{4}$ cup butter	lukewarm water
$1\frac{1}{2}$ T. sugar	White 1 egg
$\frac{1}{2}$ tsp. salt	$3\frac{3}{4}$ cups flour

Add butter, sugar, salt to milk; when lukewarm, add dissolved yeast cake, white of egg well beaten and flour. Knead, let rise, shape; let rise again, and start baking in a hot oven, reducing heat that sticks may be crisp and dry. To shape sticks, first shape as small biscuits; roll on board where there is no flour) with hands until eight inches in length, keping of uniform size and rounded ends, which may be done by bringing fingers close to, but not over ends of sticks.

## FRENCH RUSKS.

2 cups scalded milk	Flour
$\frac{1}{4}$ cup butter	1 egg
$\frac{1}{4}$ cup sugar	yolk 2 eggs
1 tsp. salt	whites 2 eggs
1 yeast cake dissolved in $\frac{1}{4}$ cup	$\frac{3}{4}$ tsp. vanilla
lukewarm water	

Add butter, sugar and salt to scalded milk; when lukewarm add dissolved yeast cake and three cups flour; cover and let rise; add eggs and egg yolks well beaten and enough flour to knead. Let rise again and shape as Parker House Rolls; let rise again. Before baking, make three parallel creases on top of each roll. When nearly done, brush over with whites of eggs, beaten slightly and diluted with 1 T. cold water and vanilla. Sprinkle with sugar.

## SHREDDED WHEAT BISCUIT BROWN BREAD

2 cups S. W. B. crumbs	1 tsp. salt
1 cup corn meal	1 cup sour milk
$\frac{1}{2}$ cup molasses	1 tsp. soda
$1\frac{3}{4}$ cups sweet milk	

Have the water boiling before beginning the bread. Mix the crumbs, corn meal and salt; add the molasses in which has been mixed one-half the teaspoon of soda. Then add  $1\frac{3}{4}$  cups milk, and last the

one-half cup sour milk, to which has been added the remaining one-half teaspoon of soda, stirring until it effervesces. Turn into a buttered brown bread mold, cover tightly and steam three hours.

#### OATMEAL BREAD.

1½ cups oatmeal	1 T. salt
1 cup hot milk	1½ cups boiling water
¼ cup molasses	¼ cup sugar
1 T. butter	½ yeast cake
Flour for batter	

Pour boiling water on oatmeal.

#### LUNCHEON ROLLS.

3½ cups sifted pastry flour	¼ cup butter
½ t. salt	4 t. baking powder
1 egg beaten light, poured into cup, the cup filled up with milk	

Sift dry ingredients, work in butter with finger tips, add milk and egg, toss on floured board, pat out ¼ inch thick. Cut out and form as for Parker House Rolls. Bake 10 minutes.

#### IMPERIAL STICKS.

Cut stale bread in 1-3 inch slices, remove crusts, spread thinly with butter. Cut slices in 1-3 inch strips. Put in pan and bake until browned.

#### CANAPES.

Cut bread in 1-8 inch thickness. Cut in fancy shapes, toast and butter. Cover with anchovy paste, eggs, cheese, meat, etc. Canapes are served cold and used in place of oysters at a dinner or luncheon.

#### WATER BISCUITS.

2 cups flour	¼ t. salt
3 T. butter	2 ½ t. baking powder
¾ cups water	

Sift dry ingredients. Work in butter with a knife. Add water. Toss on floured board, pat out one-half inch thick. Shape and bake 15 minutes in moderate oven.

#### CEREAL MACAROONS.

3 eggs	1 t. salt
2½ cups cereal	2 t. vanilla
¾ cup sugar	1 T. melted butter

Beat eggs till light; add cereal, sugar, and other ingredients. Bake till brown.

Soak oatmeal two hours in water to cover.



## TEA BISCUIT.

2 cups bread flour	2 t. cream tartar
1 t. soda	$\frac{1}{2}$ t. salt
2 T. butter	1 cup milk or omit butter and use 1 cup cream

---

**Gems**

## GRAHAM GEMS.

2 cups whole wheat or graham flour	1 egg beaten separately
$\frac{1}{2}$ tsp. salt	1 cup milk
1 T. sugar	1 cup water
2 tsp. baking powder	1 T. melted butter

Mix flour, salt and sugar. Add the milk to the beaten yolk, then the water, and stir this into the dry mixture. Add the melted butter, and lastly the beaten whites. Pour into buttered gem-pans; bake in a hot oven 30 minutes.

## EGG ROLLS.

Rub 4 T. butter into 1 pint flour, add 2 tsp. baking powder,  $\frac{1}{2}$  tsp. salt. Beat one egg until light, then add to it  $\frac{1}{2}$  cup milk; add this to the flour and mix lightly. Roll out on a floured board; cut into oblong pieces and with a floured knife make a deep crease through the center of each roll. Brush over the top with white of egg, and sprinkle over it granulated sugar. Bake 16 minutes.

## BAKING POWDER BISCUIT.

1 pint flour	1 cup milk	$\frac{1}{2}$ tsp. salt
2 T. butter	2 tsp. baking powder	

Sift powder and flour together, add the salt; rub the butter into the flour, add the milk gradually and mix to soft dough. Toss on a floured board; roll out one-half inch thick, cut in rounds, place on floured pan, and bake in a hot oven 15 minutes.

## POP-OVERS.

1 cup flour	1 egg	$\frac{1}{4}$ tsp. salt
7-8 cup milk	$\frac{1}{2}$ tsp. melted butter	

Mix salt and flour; add milk gradually, in order to obtain a smooth batter. Add egg beaten until light, and butter; beat two minutes, using a Dover egg beater; turn into hissing hot iron gem-pans, and bake 30 to 35 minutes in a hot oven. They may be baked in buttered earthen cups, when the bottom will have a glazed appearance.

## ENTIRE WHEAT GRIDDLE CAKES.

$\frac{1}{2}$ cup entire wheat flour	3 T. sugar
--------------------------------------	------------

1 cup flour	1 egg
3 tsp. baking powder	$\frac{1}{4}$ cup milk
$\frac{1}{2}$ tsp. salt	1 T. melted butter

Mix and sift dry ingredients. Beat egg, add milk and pour slowly on first mixture; beat thoroughly and add butter. Cook on a hot griddle. Serve with butter and maple syrup.

#### WAFFLES.

$1\frac{3}{4}$ cups flour	1 cup milk
3 tsp. baking powder	yolk 2 eggs
$\frac{1}{2}$ tsp. salt	whites 2 eggs
1 T. melted butter	

Mix and sift dry ingredients. Thin the beaten yolks with the milk, then stir into the flour; add the melted butter, beat thoroughly, and lastly cut and foud in the beaten whites. Cook in a buttered hot waffle -iron. Serve with maple syrup or honey or powdered sugar.

#### OATMEAL MUFFIN.

1 cup cooked oatmeal	$\frac{1}{2}$ tsp. salt
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup milk
2 T. sugar	1 egg
3 tsp. baking powder	1 T. melted butter

Mix and sift dry ingredients together; add one-half the milk, egg well beaten, the remainder of the milk mixed with oatmeal, and beat thoroughly; then add butter. Bake in hot buttered gem-pans.

#### GOLDEN CORN CAKE.

1 C. flour	1 egg
1 C. corn meal	1 C. milk
$\frac{1}{2}$ C. sugar	$\frac{1}{4}$ t. salt
4 t. baking powder	

Mix and sift dry ingredients. Add milk and egg well beaten. Bake 20 minutes in moderate oven.

#### CORN MEAL PUFFS

2 cups fine white corn meal	$\frac{1}{2}$ tsp salt
1 tsp. butter	2 or 3 T. milk
1 tsp. sugar	2 eggs

Scald milk with boiling water, so that meal is all wet; but not sift; then add ingredients in order given except eggs. When the batter is cold, add the eggs, yolk and whites beaten separately. The batter should drop easily from the spoon, not thin enough to pour. Have pans greased and hissing hot and a hot oven. Bake until brown and puffy.

## CREAM MUFFINS.

1 cup cream	$\frac{1}{2}$ tsp. salt
1 egg	1 T. melted butter
$1\frac{1}{2}$ cups flour	1 tsp. baking powder

Beat the yolk of the eggs. Add them to the cream, then add this gradually to the flour. Add salt and melted butter, then the whites of eggs beaten to a stiff froth and lastly the baking powder. Pour mixture into buttered muffin-pans; bake 25 minutes in a quick oven.

## RICE MUFFINS.

Separate two eggs, beat the yolks, add to them 1 cup milk, 1 cup boiled rice, 1 T. melted butter,  $\frac{1}{2}$  tsp. salt. Add to this  $1\frac{1}{2}$  cups flour. Beat well. Add the beaten whites of eggs, and lastly 2 tsp. baking powder. Bake in a quick oven 20 minutes.

## TWIN MOUNTAIN MUFFINS.

$\frac{1}{4}$ cup butter	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ cup sugar	2 cups flour
1 egg	3 tsp. baking powder

Cream the butter; add sugar and egg well beaten. Sift baking powder with flour, and add to the first mixture, alternating with milk. Bake in buttered tin gempans 25 minutes.

## RYE MUFFINS.

1 cup rye flour	$\frac{1}{4}$ cup molasses
1 cup white flour	1 t. soda
$\frac{1}{2}$ t. salt	1 T. lard, melted
$1\frac{1}{4}$ cups sour milk	1 egg

*Directions:* Mix and sift all dry ingredients *except soda*. Mix milk and molasses, add soda. Beat egg well. Add little of flour at a time to effervesing milk. Beat well. Add egg last.

## RYE MUFFINS.

1 cup rye flour	$\frac{1}{2}$ t. salt
1 cup white flour	$1\frac{1}{4}$ cup sweet milk
2 t. baking powder	1 egg
$\frac{1}{4}$ cup sugar	

# Methods of Cooking

The principal ways of cooking are boiling, broiling, stewing, roasting, baking, frying, sauteing and braising.

*Boiling* is cooking in boiling water. Solid food so cooked is called boiled food, e. g., boiled potatoes. Water boils at 212° Fahrenheit, sea level and simmers at 185° Fahrenheit. The boiling point is the temperature at which water will boil. Slowly boiling water has the same temperature as rapidly boiling water. A point of economy, which may be deducted from this statement is as follows: If using a coal range, move the mixture further back on the stove as soon as it has begun to boil, or reduce the heat; if using a gas range, reduce the heat as soon as mixture begins to boil by simply lowering the gas flame.

Water is boiled for two purposes: first, to destroy organic impurities; second, for cooking foods.

Boiling water toughens and hardens albumen, toughens fibrin, dissolves some tissues in meat, bursts starch grains, and softens cellulose in cereals and vegetables.

Milk should never be allowed to boil, for at boiling temperature the casein is hardened and the milk made more difficult of digestion. Milk heated over boiling water is called *scalded* and reaches a temperature of 196° Fahrenheit.

In cooking meat for pot roast, corned beef, or the like, always thrust it into boiling water.

When foods are cooked over boiling water the process is called *steaming*.

*Stewing* is cooking in a small amount of water for a long time at a low temperature. It is the most economical method of cooking meats, as all the nutriment is retained and is the ordinary way of cooking the cheaper cuts.

---

## DEEP FAT FRYING

Deep fat frying is cooking by immersion in deep fat raised to the temperature of from 400° to 450° Fahrenheit.

Various fats used:

- (1) Olive oil—best but is too expensive.
- (2) Mixture of beef drippings and lard—next best.
- (3) Cottolene.

Be sure that the fat is hot enough; otherwise the food absorbs the fat.

Nearly all foods not containing eggs are dipped first in crumbs, then in beaten egg and crumbs, before frying. The intense heat of the

fat hardens the albumen (i. e. the white) of the egg, so forming a coating which makes the food impervious to fat. Never put the cold food directly into hot fat. It decreases the temperature of the fat so it will soak into the food.

Croquettes are almost always made of cooked mixtures.

*Crumbs:*

- (1) Shredded wheat crumbs rolled fine—best for croquettes, etc., and make a very nice brown.
- (2) Dried bread passed through a meat chopper—next best.
- (3) Cracker crumbs—last.

A point of economy in making croquettes: Instead of dipping the croquettes in crumbs the first time; dip them in flour if you have only a few crumbs; then dip them finally in egg and crumbs as usual. This will use much fewer crumbs and less egg than the usual way. However, crumbs preferably if you have enough.

Great care must be taken not to put too much food in the fat at one time, as it causes the fat to bubble over the sides of the kettle, and that causes fire.

It is always best to have a pail of salt or sand (the latter is best) handy near the stove to pour on the fat if it burns.

It is not the fat that boils over, but water which the fat has received from the food.

All fried food should be dried on brown paper.

*To test the proper heat:* When the fat begins to smoke, drop in a one inch cube of soft bread. If in one minute it comes out a golden brown, the fat is of the right temperature—300° F.

Fat can be used over and over for meats; but we generally use fresh or clarified fat for dough and batter mixtures, potatoes and fish-balls.

*To Clarify Fat:*

First melt the fat in a saucepan over a slow heat. For 2 quarts melted fat, add a little raw potato pared and cut in small pieces. Put fat in oven (not too hot) cover it and let it stay until clear. The potato will be covered with a brown sediment; it collects the impurities in the fat.

*Trying Out:*

*Note:* The white fat, or suet, becomes all melted and cooked in; remove the scum which forms on top in the trying out process.

Trying out means to cut off the suet, or white fat, from beef or pork fat; put it in a double boiler top and slowly cook it out, leaving the tissues behind. This is the method used for leaf lard. The fat that is tried out is absolutely pure, and is fine for frying and sauteing, and also for shortening purposes. (Three minutes—long enough time to cook croquettes. A specially devised frying kettle has an upright stand of metal with a hook on a top, on which to hang frying basket.)

# Poultry

## *How to Tell a Young Chick:*

Should have a flexible breast bone, flexible legs, soft skin, short silky hairs, small scales, little fat, no *spur*.

Fattened young poultry from 9 months to a year old are best for paper bag roasting.

Broilers from three to five months old.

## TO CLEAN AND DRAW POULTRY.

1. Remove pin feathers.
2. Singe off the hairs over an alcohol flame or use paper, being careful not to smoke the fowl.
3. Cut off the head, and cut skin at back of neck and remove windpipe and crop.
4. Cut off neck close to the body, leaving the skin so that it will fold back after breast has been stuffed.
5. Cut a small opening under the rump, and run the fingers round close to the body to loosen the entrails. Carefully draw them out in one solid mass. Remove the lungs and the kidneys that are close to the backbone.
6. Cut the skin round the leg-joint, being careful not to cut the tendons. Use a skewer and remove tendons one at a time. Then remove the feet.
7. Cut the oil sack from the tail.
8. Wash thoroughly with a cloth, scraping the skin with a dull knife. Wash inside by holding the fowl under the faucet; dry with a cloth.
9. Cut the gall from the liver. Cut the outer coat of the gizzard and draw carefully away to remove the inner sack. Open the heart and wash. The heart, liver, and gizzard are called the giblets. All poultry and birds are dressed in the same way.

## TO STUFF and TRUSS A FOWL.

Place stuffing in the opening at the neck where the crop had been, and put the rest in the body, and sew up the opening. Draw the skin of the neck smoothly down and under the back. Press the wings close against the body, and fold the pinions under, crossing the back; tie or skewer in place; press the legs close to the body, fasten with a skewer, doubling a cord across the back and around the ends of skewers.

Chicken to roast, stuff one-half full.

## TO BONE A FOWL.

Wash and singe a fowl; take off the head and legs and remove the tendons as directed for drawing. When a fowl is to be boned, it is not drawn. The skin must not be broken. Use a small, pointed knife; cut and skin down the full length of the back to the bone; then beginning at the neck carefully scrape the meat away from the bone. When the joints of the wings and legs are met, break them back, and proceed to free the meat from the carcass. When one side is free, turn the fowl and do the same on the other side. Care must be taken to detach the skin from the breast bone without piercing the skin. When the meat is free from the carcass remove the bones from the legs and wings, turning the meat down or inside out as the bone is exposed, being careful not to break the skin at the joints. The whole end joint of the wings may be cut off.

## ROASTED BONED CHICKEN.

Spread the boned chicken on a board, the skin side down, turn the flesh of the legs and wings right side out, and stuff them with forcemeat into shape. Equalize the meat as well as possible, placing the little strips of white meat over the dark meat; dredge with salt and pepper. Make a roll of the forcemeat, and lay it in the chicken. Draw the skin up and sew it together securely. Turn it over, place the wings and legs into the position of a trussed fowl, press the body into natural shape and tie it securely. Cover with slices of salt pork. Place in a hot oven, allowing 20 minutes to the pound. Baste frequently. Remove the pork the last 15 minutes, dredge with flour, and let the chicken brown. Serve with a giblet or tomato sauce, or serve cold as a luncheon dish.

## FORCEMEAT FOR STUFFING BONED FOWLS.

Use the meat of another fowl, or veal, or a mixture of both. Chop them fine, then add one cup bread, cracker or shredded wheat crumbs, and if convenient a little chopped ham or tongue, and a few lardoons of salt pork. Season with the following articles, and moisten the whole with stock:

1 T. chopped parsley	¼ tsp. pepper	1 tsp. onion juice
1 tsp. salt		1 tsp. thyme

If veal is used, take it from the knuckles and use the bone in the braising-pot, as it will give a good jelly. In stuffing boned chicken, stuff body, legs and wings, being careful not to use too much stuffing, as allowance must be made for the swelling of the crumbs.

## CHICKEN DRESSING.

1½ pints stale bread crumbs and 1-3 Cup boiling water, to moisten, to 1 cup crumbs.

½ cup cracker crumbs	1 egg
1 t. salt	1-3 t. pepper
½ t. marjoram	1-3 t. sage
¼ t. thyme	1 T. butter
1 t. onion chopped fine	

Mix all and moisten with white stock made from chicken's feet.

### BRAISED BONED CHICKEN

To braise the chicken prepared as above, roll it lightly in a piece of cheese cloth, tying the ends well. Put in a sauce pan the bones of the chicken, a slice of carrot, an onion, a sprig of parsley, 1 bay leaf, 3 cloves, 12 pepper corns and celery. Add enough water to cover the bed of vegetables and the bones; lay in the chicken, cover and simmer four hours.

### JELLIED BONED CHICKEN.

#### *Aspic Jelly*

1 qt. stock, veal or chicken	¼ tsp. pepper
½ pkg. Knox's gelatine	2 bay leaves
whites and shells 2 eggs	1 slice onion
1 T. lemon-juice	1 slice carrot
1 T. vinegar	1 sprig parsley
1 tsp. salt	

Add bay leaves, parsley, onion and carrot to the stock and simmer 15 minutes. Then add salt, pepper, vinegar and lemon-juice. Add gelatine, which has been soaked in one-fourth cup cold water. Stir till dissolved. Cool the jelly, and when cold, add the whites and shells lightly beaten together; return to the fire and beat rapidly until it boils then boil 3 minutes without beating; set it aside for a few minutes, then strain through a flannel bag that has been scalded. Strain a second time if not perfectly clear. Let the jelly drain without pressure.

To ornament the mold, lay the design carefully in place in the bottom of the mold. With a spoon add only enough jelly to moisten them; if too much is used the pieces will float out of place. Let the jelly harden to fix the decoration then add as much as will make a layer one-half inch thick. Let it harden, then place a braised boned chicken in the centre. Add a little jelly to fix it in place, then fill up the mold having the chicken well covered. Do not move the mold while filling; place it on ice while filling to make the jelly harden more quickly.

### CHICKEN FRICASSEE.

Dress, clean and cut up a fowl into eleven pieces; two drumsticks, two second joints, two wings, two breasts, three back pieces.



Put the pieces in a sauce pan with four tablespoons butter; let them brown slightly on both sides, but use care that they do not burn. When a little colored, add enough boiling water to cover, and a bouquet of herbs, salt and pepper. Simmer until tender. Make a sauce of two tablespoons butter and four of flour; add to it slowly one cup liquid in which chicken was cooked; season with salt and pepper; remove from the fire, and when slightly cooled add a cup of cream or milk, beaten with two or three yolks of eggs. Place on the fire until it thickens, but do not let it boil. Arrange pieces of toast on a hot dish; place the chicken on the toast and pour the gravy over it. A border of rice may be placed around the chicken. A brown sauce may be used, or mushrooms added to white sauce.

### BROILED GAME.

Quail, squab, partridge and spring chicken are broiled in the same manner. Split them down the back and place on the broiler with the inside toward the fire. Broil slowly. Quail require about 8 minutes, squab 12 to 15 minutes, partridge 25 minutes. Serve with drawn butter, pepper and salt.

### LARGE GAME.

Ducks are finest roasted. They are served cooked rare.

Venison is prepared and cooked the same as mutton. It should be cooked underdone, allowing ten minutes to the pound. Serve with currant jelly and salad.

---

### TURKEYS.

*Demonstration on Opening a Turkey, Roasting a Turkey and Making Giblet Sauce.*

“A good demonstrator should have a well trained assistant; the assistant must anticipate what the demonstrator wants, just as the nurse anticipates the surgeon’s needs.”

Turkeys are in season from September to May, but are obtainable all the year around. In season they are about 25c a pound, excepting of course at Thanksgiving and Christmas time, when the prices are high because of the great demand. When high they are about 38c; they range from 18c to 38c a pound in price.

If your family is good sized, it is economy to buy a large turkey, because the frame in a small turkey weighs as much as that of a large turkey. The waste, too, is very heavy. The turkey used in class weighed 11 pounds. After having been cleaned out it weighed 9½ pounds. This, however, was an unusually small shrinkage, 1½ pounds.

Best turkeys have clean, plump skin, full breast, very few pinfeathers; also have black legs, and the cartilages are tender.

*To singe* (i. e. to remove the little hairs.) Place newspapers directly over coal fire and hold turkey directly over blaze. Have all drafts open so that the "char" will pass up chimney.

*To Open Turkey:* Remove feet and legs by cutting with a knife just below the knee joint. When cut, put the knee against a board, pushing and spreading it so as to loosen it. Remove the tendons with a skewer because they are very tough. There are ten of these tendons in each leg.

Gristle is the same thing as cartilage.

Remove pin feathers; it is well to get a bird with as few pin feathers as possible.

Place a piece of brown wrapping paper on cutting board before cleaning the turkey. All the bits of refuse that do not go in the garbage can be rolled up in this paper; in this way a great deal of extra cleaning up of table, board, etc., will be saved.

Cut off the head and discard.

Remove the skin about knee joint and clean off refuse.

Wash legs thoroughly and put to soak in boiling water for 15 minutes. Then remove the skin.

Use the bones of legs, the tips of wings, and the neck together to make a white soup stock. About one quart of stock can be obtained in this way from a whole turkey. Most people throw these parts away.

Make quite a large incision at the lower end with a knife, cutting right down through the tail. (Sometimes another incision is made in the breast, but it makes an unsightly gash, so this is not a good method to use.) Insert hand in incision to loosen and remove all the organs as whole as possible, and all at once.

Take great care not to break the gall bladder which lies near the left lobe of the liver of the turkey. It is of a yellowish or greenish color and is very bitter; (green in a fresh turkey and yellow in a cold storage turkey.)

The lungs are close to the back near the neck. They are very bright red if fresh. These are to be discarded.

The heart is pear-shaped and lies above the lungs. Save this. The gizzard is the round, dark substance in the middle of the turkey, imbedded in fat and containing gravel stones. It lies below the lungs. This is to be saved also.

The liver lies near the stomach or gizzard, but just behind it. Cut gizzard open lengthwise to get out the gravel stones; open it out wide, wash out and remove the inner lining. The liver as well as the gizzard is good to use.

Save the heart, gizzard and liver; they must be washed of all clotted blood. These are called the giblets. Put on stove in cold water to cover and allow to cook. Let boil to extract the juice; cook until soft. This will take about as long as the turkey does to roast.

The kidneys are in the two hollows at the lower part of the backbone near the tail. These are to be discarded.

The oil-sacs in the end of the tail contain a bitter and poisonous substance formic acid, just remove and discard them.

The intestines which are coiled round and round and imbedded in fat are discarded. Save the fat and try it out.

Now take the bird over to the sink and allow water from the cold water faucet to run over and through it thoroughly. Never allow meats of any kind to soak in water. Never wash turkey before it is singed; otherwise it will cause the pin feathers to lie flat and make them almost impossible to remove.

Always look inside the bird to see that no parts remain. Wipe bird thoroughly and weigh. Time of cooking is gauged by weight of bird after entrails are removed.

A short piece of inside of neck should be cut out, so that the skin of neck may be doubled over and fastened down with a meat skewer.

Insert turkey dressing in the incision at the lower end of turkey. Never fill turkey full of dressing because it expands in cooking.

Sew turkey together at incision, using a sort of crosswise stitch. A curved needle especially for this purpose is the best for sewing a turkey, but an ordinary needle will answer the purpose. Use No. 40 white cotton thread doubled.

Pin legs to the body with a skewer on each side; also skewer each wing into position next to the body.

To truss the turkey means to tie it up into shape; if this were not done the turkey in cooking would become very "sprawling" in appearance. Use common twine.

The string should be arranged so as to hold the tail and legs together. Wind it once around the skewer which holds the legs next to the body; then pass it along to the skewer which holds the wing on the same side of the body in place; wind it around that once; then carry string over the body to the wing on other side of body, and wind the string once around the skewer there; pass the string back again underneath body to the first wing again and fasten at skewer; then back again to second wing, winding about skewer once; then down side of body to second leg, where wind about skewer and tie ends together above tail.

# Fish

Fish is similar in composition to meat; in general contains more water and less fat.

## HOW TO KNOW A FRESH FISH.

1. Gills a bright red.
2. Flesh along backbone firm and elastic.
3. Eyes bulging and bright.
4. No unpleasant odor.

### *Best Methods of Cooking.*

Broiling and baking are the best methods, and are practically the same with the gas range. Sections of fish dipped in melted butter or salt pork fat, sprinkled with fine crumbs and broiled under gas have much the appearance and flavor of fried fish with none of the unpleasant odor of frying.

### *Preparation of Fish*

To remove scales scrape with a knife from the tail slowly toward the head, occasionally rinsing knife in water. The inner organs of small fish may be pressed out through an opening near the gills. Large fish are cut half-way down and scraped clean.

### *Skinning*

To skin fish, cut through the whole length of the skin close to the fin on the back and remove that. Then cut the skin on the other side, loosen it around the head and pull toward the tail. When a fish is not fresh it is difficult to separate skin from flesh.

---

## BAKED STUFFED FISH.

Wipe fish with damp cloth. Remove fins and scales. Keep head on. Fill cavity with stuffing three-fourths full, allowing for swelling. Sew the slit over and over with strong thread. Skewer and tie fish in figure "S." Place it upright in pan, surround with one-quarter inch water; bake from 45 to 60 minutes. Baste.

## STUFFING FOR FISH.

- |                            |                     |
|----------------------------|---------------------|
| 1 cup stale bread crumbs   | 1 T. melted butter  |
| ½ t. salt                  | ⅛ t. pepper         |
| 2 T. parsley cut fine      | 2 T. chopped capers |
| ¼ cup hot water to moisten |                     |
- Mix ingredients in order given.

## DRAWN BUTTER SAUCE

3 T. butter	$\frac{1}{2}$ t. salt
3 T. flour	$\frac{1}{8}$ t. pepper
$1\frac{1}{2}$ cup boiling water	2 T. butter

Melt 3 T. butter in saucepan, add flour, cook three minutes. Add water slowly. Season and then add 2 T. butter, just before serving.

## OYSTERS.

## BROILED OYSTERS.

Dry the oysters. Heat the broiler well and oil it by rubbing it with a slice of pork or suet. Dip the oysters into melted butter or into oil, and lay them on the broiler. Broil them on both sides over bright coals. Serve on toast cut in uniform shapes, and pour over them a little melted Matire d'Hotel Sauce.

## FRIED OYSTERS.

Wash the oysters and drain between towels. Roll in crumbs, then in egg mixed with a tablespoon of milk, seasoned with pepper and salt; then again in cracker crumbs. Place in a frying basket and cook in smoking hot fat until a light brown. Drain and serve immediately. Pickles, chow-chow, horse-radish or lemon, with parsley as a garnish, are served with fried oysters.

## OYSTER FILLING FOR PATTIES.

For one dozen oysters

2 tbl. butter	1 cup milk or cream	dash of cayenne
2 tbl. flour	yolks 2 eggs	dash of mace

Scald the oysters in their liquor; drain and cut each one into four pieces. Make a white sauce of the butter, flour and cream, add the seasoning, and remove from the fire. When a little cooled, add the beaten yolk, stirring vigorously; place again on the fire and stir until thickened; then add the pieces of oysters. Serve in hot pattie-shells or bread croustades.

## TO OPEN LOBSTERS.

Separate tail from the body. Twist off large and small claws. With scissors or knife cut the thin shell on under part of tail, and remove the meat whole. Separate this meat in the center, and remove intestinal vein, which runs its entire length. Hold the body shell firmly in left hand, and draw out the body with the other. Discard stomach, liver and lungs. Save the coral. Break the body ones, picking out meat that lies between them, which is some of the sweetest and tenderest to be found. Separate large claws and cut or break them to remove meat whole. Small claws and lower part of large claws are reserved for garnishing and the shell of body and tail washed and dried used for serving of lobster after it has been prepared.

## LOBSTER FARCI.

2 cups boiled lobster meat	1 t. salt
1 cup milk or cream	1 T. chopped parsley
4 T. butter	$\frac{1}{4}$ tsp. nutmeg
2 T. flour	dash cayenne pepper or paprika
4 T. bread crumbs	yolks, 3 hard-cooked eggs

Put into a sauce pan 2 T. butter; when it bubbles add the flour; cook, but not brown; add one cup milk slowly and stir till smooth. Remove from the fire, add salt, pepper, parsley and yolks mashed fine, and lastly the lobster meat cut into pieces one-half inch square. (Use a silver knife to cut lobster.) Have the shell from which the meat was taken carefully washed and dried.

Cut out neatly the inside shell of the tail piece and fit the two parts of shell together. As the shell contracts in cooking, it is well to trim off a little from the sides of the body-shell in order to leave an opening wide enough to admit a spoon in serving. Put the meat mixture into the shell. Cover the top with crumbs, which have been moistened with 2 T. of butter. Place in the oven for a few minutes to brown. If the meat of two lobsters is used, the shells of both may be used, or the two tail shells may be fitted into one body shell, which will hold all the meat.

## LOBSTER CUTLETS.

2 C. chopped meat	1-16 t. cayenne	1 t. parsley
$\frac{1}{2}$ t. salt	1 t. lemon juice	1 C. white sauce

Mix ingredients in order given and cool. Shape in form of cutlets, fry in deep fat, drain on brown paper. Insert in each cutlet the tip end of a small claw.

## PLANKED HALIBUT.

1 slice halibut	2 T. butter	$\frac{1}{4}$ t. salt
$\frac{1}{8}$ t. pepper	$\frac{1}{2}$ T. lemon juice	

Cut fish into fillets, broil in oven or on plank. Season with salt, pepper and butter and lemon juice. Place on plank, garnish with French potato balls or duchess potato put through pastry bag. Make potato in shape of fish. Use slices of lemon and parsley for decoration. Brown potato in oven.

## FISH BALLS.

$\frac{1}{2}$ lb. salt fish	$\frac{1}{4}$ t. white pepper
4 shredded wheat biscuits	1 egg
1 pint hot milk	2 S. W. B. for crumbing (rolled and sifted)
1 T. butter	

Roll and sift S. W. B. Freshen the fish and pick fine with fork. Add crumbs and pepper, mixed well. Add melted butter and hot

milk, stirring well. Let stand 5 minutes. Shape into small balls. Chill thoroughly. Roll in egg beaten light, then in crumbs. Fry in deep fat.

## TARTAR SAUCE.

1 t. lemon juice	1 T. Worcestershire Sauce
$\frac{1}{4}$ t. salt	1 T. vinegar

Heat over hot water.

## CRAB FLAKES EN COQUILLE.

2 C. crab meat	2 T. butter	2 T. flour
$\frac{1}{2}$ C. stock	$\frac{1}{4}$ C. milk	1 T. onion sauce
1 egg yolk	$\frac{1}{4}$ t. salt	1-16 t. pepper
f. g. paprika	1 tsp. lemon juice	

Mix butter, add onion juice, flour, stock and lemon juice. Cook five minutes, add cream in which egg yolk has been beaten, add crabs. Place in shells, cover with crumbs, and bake until crumbs are brown.

## OYSTERS IN BROWN SAUCE.

1 pt. oysters	1 C. oyster liquor	1 slice onion
2 slices carrot	$\frac{1}{2}$ t. salt	$\frac{1}{2}$ C. milk
4 T. butter	5 T. flour	1-16 t. cayenne

Scald oysters in liquor and drain. Saute onion and carrot in butter, add flour, and seasonings, cook until brown, add oyster liquor, strain over oysters, serve on points of toast.

## STUFFED FILLET OF HALIBUT.

Cut halibut into  $1\frac{1}{2}$  inch strips. Sprinkle with salt and pepper. Roll and insert toothpick to hold firm. Crumb, egg and crumb, then fry in deep fat.

## CURRIED SHRIMPS.

$1\frac{1}{2}$ T. butter	1 can shrimps
$\frac{1}{4}$ t. curry powder	$1\frac{1}{2}$ C. stewed and strained tomatoes
$1\frac{1}{2}$ T. flour	
2 T. chopped onion browned in butter	$\frac{1}{2}$ t. salt
	$\frac{1}{8}$ t. pepper
1-16 t. paprika	

Melt butter, brown onion, add flour and curry powder, tomato slowly. When thickened, add shrimps cut in small pieces. Season, serve in timbals.

## CREAMED OYSTERS.

2 C. oysters	2 T. butter	1 T. lemon juice
2 T. flour	2 eggs	$\frac{1}{2}$ C. cream or milk
1 C. chopped celery		

Melt butter, add oysters, cook one minute. Remove oysters, make sauce of other ingredients, adding eggs and oysters last. Serve in timbale cases.

#### CREAMED SHRIMPS.

2 C. shrimps cut in small pieces		2 T. butter
$\frac{1}{4}$ C. milk or cream	$\frac{1}{2}$ C. chicken stock	1 egg
$\frac{1}{4}$ t. salt	1-16 t. pepper	1 T. grated onion
2 T. flour	1 t. lemon juice	

Melt butter, add onion flour; cook three minutes. Add stock, lemon juice. Cook three minutes. Season; add milk, beaten egg and shrimps.

#### CREAMED CODFISH.

Freshen codfish and cook 20 minutes. Make a white sauce, using 1 cup milk, 1 cup stock, 3 T. butter, 4 T. flour,  $\frac{1}{4}$  t. salt,  $\frac{1}{8}$  t. pepper. Add codfish (shredded) to sauce.

#### OYSTER COCKTAIL.

8 raw oysters	2 drops Tabasco
1 T. catsup	1 t. chopped celery
$\frac{1}{2}$ T. vinegar or lemon juice	$\frac{1}{2}$ t. Worcestershire sauce
1-16 t. salt	

Mix ingredients, chill thoroughly, serve in cocktail glasses.

#### OYSTER CREAMS.

$\frac{1}{2}$ pint liquid aspic jelly	1 jar cream	1 pint oysters
red peppers		olives

Line mould with aspic jelly, let it harden. Place cream around sides of mould. Cook oysters in own liquor till soft, drain and cool. Stir in Mayonnaise to moisten, fill mould to top with aspic jelly. Let get cold and firm. Turn out and garnish with red peppers and olives.

#### PRESSED SALMON LOAF.

2 eggs	1 can salmon	$\frac{1}{4}$ t. salt
2 C. fine bread crumbs	2 T. butter	1-16 t. paprika

Rub salmon through a sieve, mix all ingredients together, turn into mould, cover and steam one hour.

#### DEVEILED SALMON.

1 can salmon	2 C. milk	3 T. butter
3 t. flour	$\frac{1}{8}$ t. pepper	1-16 t. paprika
2 t. Worcestershire sauce		$\frac{1}{2}$ t. salt

Pick the salmon free from bones. Make white sauce of milk, butter and flour. Add seasonings and salmon. Serve hot in timbale cases or individual dishes.



## SALMON BOX.

Line a bread pan slightly buttered with warm steamed rice. Fill centre with 1 can salmon. Season with  $\frac{1}{2}$  t. salt,  $\frac{1}{8}$  t. pepper and moisten slightly with white sauce. Cover with rice and cook in oven in pan of water one hour. Turn out on platter. Serve with white sauce and parsley.

## CREAMED OYSTERS ON TOAST.

1 pt. oysters                       $1\frac{1}{2}$  C. white sauce                       $\frac{1}{8}$  t. celery salt  
 Serve on toast.

## WHITE SAUCE.

$\frac{3}{4}$  C. milk or                      3 T. butter                       $\frac{1}{4}$  t. salt  
 $\frac{3}{4}$  C. stock                      3 T. flour                       $\frac{1}{8}$  t. pepper

## SALMON LOAF.

1 C. salmon                       $\frac{1}{2}$  C. crumbs or maple flake (rolled)  
 1 egg                       $\frac{1}{4}$  C. white sauce                       $\frac{1}{2}$  t. salt  
 $\frac{1}{8}$  t. pepper                      1 t. lemon juice                      1 T. ketsup

One-half cup sausage meat may be used in place of the white sauce and ketchup. Pour off all liquids of salmon, remove bones and mince fine. Add crumbs, white sauce seasoning, and egg. Work together, make in loaf in small tin and bake one hour. Serve hot or cold, with white sauce or tomato sauce.

## BOILED FISH.

Remove scales which have not been taken from the fish. Wipe thoroughly inside and out with cloth wet with cold water. The head and tail of the fish may or may not be removed, according to the size of the fish and the manner of cooking. Tie the fish in a piece of cheese-cloth and place it in enough boiling water to cover, to which are added salt and lemon-juice or vinegar. If the skin is not removed before serving, scald the dark skin and scrape it to remove the coloring. This can easily be done by holding the fish on two forks, and lowering into boiling water the dark side; then remove, and scrape.

The time required for cooking varies from 20 to 45 min., depending upon the shape and size of the fish. Fish is cooked when the flesh leaves the bone. Serve on a platter garnished with parsley and lemon. Serve with a Hollandaise sauce.

## HOLLANDAISE SAUCE.

$\frac{1}{2}$  cup butter.                       $\frac{1}{4}$  tsp. salt.  
 2 yolks of eggs.                      1-3 cup boiling water.  
 1 T. lemon-juice.                      Few grains cayenne.

Put butter in a bowl, cover with cold water and wash, using a spoon. Divide butter in three pieces; put one in sauce-pan with yolks

of eggs and lemon-juice; place sauce-pan in a larger one containing boiling water, and stir constantly until butter is melted, then add second piece of butter, and as it thickens third piece. Add water, cook one minute, remove from fire, then add salt and cayenne.

## BAKED FISH.

1 medium-sized haddock, bluefish or shad.	1 tsp. chopped parsley.
1 cup cracker or bread- crumbs.	1 tsp. chopped pickles.
$\frac{1}{4}$ cup melted butter.	1 tsp. capers.
1 tsp. chopped onion.	1 ssp. pepper.
	1 ssp. salt.

Remove eyes of fish. Clean the fish, and wipe thoroughly inside and out with a cloth wrung out of cold water. Make a stuffing of the above ingredients. Put the stuffing in the cavity and sew up the opening. Use larding needle to sew fish. Rub the fish thoroughly with salt, pepper and butter on both sides. Cut small gashes across the sides of the fish about two inches apart, and in these put tiny strips of fat salt pork. Skewer the fish in the shape of a letter S, and dredge with flour. Put on cheese-cloth in baking-pan, with extra pieces of pork. Allow 15 min. to a pound, and baste frequently with the melted pork, or salted  $H_2O$ .

Serve with a garniture of parsley and slices of lemon or hard-cooked egg.

## SARDINES. (FRENCH FASHION).

Remove the skin and tails from about a dozen sardines, and heat them in the oven. Heat some butter or oil in the blazer of one chafing-dish, and in it sauté some bits of bread of suitable shape to serve under the sardines. Put in the blazer of another chafing-dish over hot water the well-beaten yolks of 4 eggs, 1 tsp. each of tarragon vinegar, cider vinegar, and made mustard,  $\frac{1}{4}$  tsp. salt and 1 tsp. butter. Stir the sauce until it is quite thick, then serve the sardines on the bread with the sauce poured over them. Olives are agreeable with this dish.

# The Lobster

lives on the bottom of the sea—under rocks. Its means of defense are claws and retreat. It will sacrifice its life if necessary, for reproduction. Its organism is modified to meet the conditions of reproduction and defense. The fishermen are the greatest enemies of lobsters. The lobster is like a big insect. In all Crustacea the head and thorax are fused into one body.

The lobster sheds all its shell once in a while. Then we have soft-shelled Crustacea. The critical period in the life of any Crustacea is in this shedding stage, when it tempts other animals to eat it. The new shell forms very rapidly—in 2 or 3 weeks. The little brown spots on back underneath the shell are the glands for secreting the shell. When the lobster sheds its shell it also sheds the lining of its stomach.

The lobsters are kept in the hatchery till about an inch long and then are thrown out to shirk for themselves. The shell is product of the skin.

The parts of the lobster's body are:

head,  
thorax,  
abdomen and  
swimmeretts,

to which the eggs are attached. The young cling to the same swimmeretts till they shed their outside skeleton several times, which, when young, is every few days. The period increases as they grow older. Nearly all eggs are fertilized and hatched. They are excellent food for young species, hence young lobster are often destroyed.

On the dorsal side we find the following organs:

Ovaries	Dorsal artery
Heart	Main artery and branches
Stomach	Intestine
Reproductive organs	Muscles

The ovaries are sometimes yellow and sometimes dark. There is a tube extending from them to the third leg back, through which the eggs pass and are deposited on the leg.

The lobster has a digestive system, a nervous and an excretory system.

The stomach of crustacea is in the head. The lobster's stomach contains three little knob-like teeth, of a calcareous composition, used to grind the food. The jaws are on the lower side of the head near thorax. The food passes through the mouth upward to the stomach. The mouth is a modified leg. The *heart* lies below stomach in the

thorax. It is an elongated organ with main blood vessel extending posteriorly and one anteriorly with several branches toward head, and one from each side of heart.

The heart has three pairs of openings. In expanding it draws blood *in*, and in contracting sends blood into arteries. No veins enter the heart. One artery extends from heart to feed the eyes. Two tubes from heart feed the stomach; 2 more to mouth and antennae. The dorsal abdominal artery goes toward back, has two little branches to each segment. Branch running down to central part and forward, called ventral artery.

The lobster has colorless blood. The white, soft substance seen in cooked lobster is coagulated blood. The sinuses are tissue like cavities for holding blood. They extend all through the body. The blood vessel extending down the back has a branch to each section in the abdomen. Each of the gills has a blood vessel which extends up and joins large sinus near the heart; this makes circulation through the heart and supplies oxygen.

Lying under the main dorsal artery is the intestine, extending from stomach whole length of body. It is colorless.

The gills, or breathing apparatus are the hairy-like bodies on either side of the thorax. They take in water on anterior part towards head by means of "spoon-paddle" like apparatus, which fans the water back and forth through the gills.

The lobster will live for some time out of water if the gills be wet occasionally. They suffocate if not allowed to move paddle to get air, or starve if allowed a long time in which to die.

There is a greenish gland located below the eyes in anterior portion of head which carries waste product.

The ovaries are long, slender, dark green bodies, extending from the head down the back into the abdomen, occupying a large space in the body. They are filled with eggs. The oviduct, one on each side, extend into a leg on each side, from which the eggs are deposited on to the swimmeretts. The swimmeretts show a partial development from the leg.

The nervous system consists of the ganglia located on the ventral side instead of the back. It has no cerebro-spinal system—the shell acting as the spinal column. It has a large ganglion on or near upper part of thorax, and with branches continues to the top of the head, where it has a small cluster of ganglia. There are nodules and branches of nerves extending from the main line to each segment of the abdomen. The principal nerve cord extends whole length of body to brain located in top of head.

The dorsal muscles on back, whose function is to straighten abdomen. When the lobster moves rapidly it swims backward by contrac-

tion of lower part of abdomen and fan-like tail. It never goes forward except by crawling.

All legs developed from swimmeretts. Each leg operated by 2 muscles. Large claws are for defense.

The antennae are used for feeling and smelling.

The lobster lives mostly on animal life or anything he can get hold of. He is the scavenger of the ocean.

---

### LOBSTERS.

(Demonstration in cooking live lobsters, opening boiled lobsters and the making of lobster cutlets and lobster salad).

The largest and best lobsters are found in Atlantic waters, the very best being those found between Maine and New Jersey.

Lobsters are in season from April to September, but can be obtained throughout the year. In season, they are never lower than 17c a pound; while, in the winter, they sometimes go as high as 35c a pound.

The average weight is 1 pound, and the average length 10 to 15 inches. It is economy to get a large lobster, because there is less waste of shell in proportion to size.

When taken from the sea, the lobster's shell is green; though sometimes it is red, if the lobster is taken from a sandy bottom. When cooked, the shell turns red.

The lobster always consists of:

- |             |                          |
|-------------|--------------------------|
| (1)—a body. | (3)—2 large claws.       |
| (2)—a tail. | (4)—4 pairs small claws. |

On the lower side of the body in front of large claws are various small organs which surround the mouth.

Under the tail are several pair of appendages.

The stomach of the lobster is poisonous.

In preparing a lobster, we discard the stomach and the intestinal tract.

The coral is found only in the female lobsters. They are the ovaries. These are often dried and used for a garnish. They lie along the back of lobster.

To distinguish the male from the female: The feelers are soft in the female, and hard in the male. The feelers are small—resembling small spikes.

---

### TO BOIL A LIVE LOBSTER.

Have plenty of water in a kettle boiling briskly. A trivet should be placed in the bottom of the kettle. For about 5 quarts water add 2 T. salt. Pick up lobster by back of body. Immerse lobster in kettle, put on cover and boil 18 to 20 minutes, according to size. If the lobster

is fresh and good, the tail should be doubled under and the claws cramped up in front when lobster is cooked.

#### TO SELECT A BOILED LOBSTER.

Take up in the hand and if heavy in proportion to size, the lobster is fresh. Straighten the tail, and if it springs rapidly into place, the lobster was alive when put into pot to boil. Dark, black-streaked, hard shells are full of meat; thin shells contain watery meat, and there is great waste.

#### TO OPEN A LOBSTER.

Remove claws, large and small; separate tail from body—just break off. Tail-meat may be drawn out with a silver fork. Always use *silver or wooden utensils*. It is usually necessary to cut parts of the shell in the tail to remove the meat.

Separate tail-meat through the center, and remove small intestinal vein which runs the entire length. If one tries not to break this in removing tail-meat from shell, it will be easier to remove. This must be wholly taken out and discarded.

Hold body-shell firmly in left hand, and with first two fingers and thumb of right hand draw out the body, and leave the stomach in the shell. The stomach is in the upper part of body near the head.

The body-shell is usually to be broken in two; break the meat with the fingers so as to find the bones easily.

After breaking body through the center, separate the body bones, picking out the meat between because it is the sweetest.

Separate large claws at joints. If the shell is thin, cut it open with scissors; if hard, break it with a hammer or mallet.

Remove all the lobster meat whole if possible.

Small claws may be used as a garnish, or else cut lengthwise with scissors or a sharp knife, and meat removed. The feelers in a female lobster should be softer than in the male.

The shell of the lobster may be washed and dried and used to hold lobster farcie, or for garnishing lobster salad.

The coral, which lies along the back of the lobster, is pink; it may be dried in oven or on top of stove and used as a garnish. It is not poisonous, for nothing poisonous is ever used as a garnish.

Don't break meat of tail. If tail-shell cannot be broken, pick meat away from shell with a knife, keeping as whole as possible. If it does not come out readily, cut right up through the middle lengthwise of the shell, taking great care not to break intestinal vein. *Be sure to remove intestinal vein*. It is almost always darker in the male than in the female.

The strongest part of the lobster is in the front claws and the muscles of the back.

Be sure to get all the meat out of the small claws, because it is sweetest. There are 4 pairs small claws.

Live lobsters are the best and the cheapest to buy. Male lobsters are the best to buy in the spring time, because that is spawning time, and the females are softer.

Never keep lobster-meat more than 24 hours after it has been cooked. Put in a covered dish (not tin) in the refrigerator; if it is not carefully covered, the other food in the ice-chest will taste of fish.

Keep the firmer pieces of lobster for salad, using the more broken ones for lobster cutlets.

If one understands how beautifully and wonderfully the creature is made, the opening of a lobster or chicken loses all its repulsiveness.

## Lesson on Olive Oil

Olive oil is not like the juice of the grape, which requires a chemical process to transform the sugar it contains into alcohol, in order that it may become wine; the oil is there ready made within the fruit, and the utmost that can be done is to extract it, just as it is bursting the cells within which it is enclosed, by crushing the olives and then pressing them. Olive oil is found, not made.

A mortar and pestle will crush olives, and the oil and water may be strained out through cloth or crash by hand. The difference is not of process but of quantity to be dealt with.

The oil of the pulp is rich and of a delicious flavor; that of the stone is dark and cloudy; that of the seed contains essential oil, while the little cells of the skin contain oil in small quantities. The proportion of oil to the seed runs from 10 to 20% in weight.

The first process of the oil mill is the crushing of the olives. The crushing machine generally used consists of a circular tub or trough of stone or bricks, covered with cement, having a stone floor, on which revolves a heavy stone wheel, or an axle, one end of which is attached to and works on a pin or pivot set in the centre of the trough. This mill-wheel crushes and grinds as it rolls over the rolls, while olives are constantly pushed by a scraper into its path. This may be worked by hand, by horses, by oxen, by steam or water power. The stone should be non-porous lest it absorb oil, which may become rancid.

During the process of crushing, pressing, depositing and clarifying, too extreme cold chills the oil and checks its flow. In cold weather it is desirable to have moderate artificial heat in the mill. When clarified the oil should be put in a cool place and in cool receivers, like tanks of tiles, bricked, lined with marble or glass. The Italian terra-cotta lined tanks are the best. The Italians use wooden tanks lined with tin and also brick tanks lined with a fine cement. Wood is not desirable; the oil which soaks into it is liable to turn rancid. Wood alone lacks the coolness required.

Sufficient pure water and extreme cleanliness are the essentials of oil production for table use. All the different parts of the machine must be kept clean by constant washing with hot water and soda. Smoke from fires must be prevented and smoking must be forbidden in the mill because oil absorbs odors and flavors readily.

To keep oil in good condition needs great care and attention. The clear oil ought to be separated from the turbid at once, for the longer the oil remains on the lees the more apt it is to contract a rancid or bad odor. When the oil has been decanted or turned off several times, as the needs may be, filtered through dry moss, carded cotton, sand,



plaster, charcoal, etc., it must be stored in a place which is sheltered both in summer from the heat and in winter from the cold.

If the earth is very rich and the growth of the trees is exceedingly rank or strong, this forced vegetation will produce fruit that will impart a peculiar taste to the oil, and in a short time it will become so rancid that its market value will be greatly depreciated. When a very dry season occurs with frequent and intensely hot winds, the growth is checked, the stem of the fruit is dried and berries get hard, dry and shriveled. In this case the oil acquires a peculiar woody flavor.

The oil will most readily absorb any odor to which it may be exposed, and when this is derived from tobacco smoke, onions, etc., it lowers its value. A smoky chimney in the neighborhood of the room where the oil is being made or any lack of cleanliness will injure the oil greatly. Many things contribute to the rancidity in olive oil, such as excessive heat, contact with the air, contact with metals that can be dissolved by the natural acids of the oil.

We hear about virgin oil, but such a thing can not be found by the ordinary consumer. It requires so much care and attention to prepare this oil that it is only to be found in the house of a farmer who has a mill and prepares this oil for his own use. Olives are taken when only three-quarters ripe. These are selected free from any blemish. They are taken immediately to the mill, where they are but slightly crushed. The seed must not be touched, because it is rather acid and has not as fine taste as the oil from the pulp. The oil so prepared is greenish in color, its perfume is exquisite and it can be kept for many years.

The best oil is obtained from olives not fully ripe, for too ripe fruit gives oil which is heavy and without perfume.

Fraud is found in the oil mills. Should the olives be moldy, which often happens when they have been gathered or kept in bad condition, the bad taste is hidden by adding leaves of wild olive trees to the pulp.

The best way to obtain a lighter color in very dark oil is to mix it with oil which is nearly white.

Olive oil contains potash, soda, lime, magnesia, oxide of iron, sulphuric acid, carbonic acid and a small quantity of HCl.

Olive oil is a natural antiseptic of the stomach, because of the HCl it contains. It is a very good nourisher; easily absorbed, it ranks next to cream. It gives an abundance of heat, and is a good food for all seasons, if not taken in excess in summer. It is better to use French dressing with meat salads—salads that have proteid in them. Mayonnaise is used for vegetables and fruits.

#### REFERENCES.

Olive Culture in the Alpes Maritimes.

Report from Consul Bradley of Nice. The Olive—Marvin.

# Vegetables

## 1—*General Group*

1. Green—lettuce, cabbage, carrots, etc.
2. Starchy—potato.
3. Nitrogenous (partly) peas, beans, lentils.

## 2. *Application of heat.*

1. Aim.
  - a. Softening of fibre.
  - b. Thorough cooking of starch.
  - c. Avoidance of over-cookery of albumenoid matter.
  - d. Development of flavor.
2. Processes.
  - a. Boiling.
  - b. Baking.
  - c. Steaming.
  - d. Frying.

## 1. *General directions for cooking vegetables:*

1. Choose vegetables in season when each is at its best.
2. Know what each is worth when plentiful.
3. Choose those of medium size.
4. Clean thoroughly. Utensil—a small vegetable brush, a sharp pointed knife.
5. Freshen wilted vegetables by soaking in cold water 3 minutes, roll in cloth and place near ice.
6. Keep winter vegetables in a cool, dark, dry place.
7. The water in which strong-flavored vegetables are cooked should be changed at least once.
8. Cook sugary vegetables in a little water that all the juice may be retained. Steaming and baking is often better than boiling.
9. Dried vegetables must be soaked to restore water lost by evaporation.
10. Canned vegetables should be turned from the can as soon as opened and the contents well aerated.
11. Color is retained by cooling in a covered kettle.
12. A little vinegar boiling in saucepan upon the stove will absorb the odor of boiling vegetables.
13. Roots and tubers should be placed in boiling water. Delicate green vegetables should be salted just as they are removed from boiling water.
14. Cook all vegetables covered, except onions, cabbage, kale.

	Preparation	Boiling	Serving
Artichokes	Trim the points		
French	Wash in cold water and vinegar	25 min. to 1 hr.	French dressing or an acid sauce.

French artichokes are expensive and but a small portion is edible. The stem, outside leaves and choke must be removed. Cook in boiling salted water until a leaf can be pulled out, about 30 minutes.

Artichokes	Wash.	Boil	20 min.	Plain or mashed
Jerusalem	for baking		Baste with butter.	and seasoned.
Asparagus	Wash and scrape off brown spots. Tie in bunches.		15 to 20 min.	On buttered toast with plain or white sauce.
Beans, dried	See recipe		6 to 8 hrs.	
Beans, Lima	Shell		40 to 60 min.	Butter or cream, Salt and pepper.
Beans, string	String and cut. Place in cloth on ice half an hour.		45 to 60 min.	Heat with butter. Salt and pepper. Vinegar, if liked.
Beets, old	Wash, soak in cold water $\frac{1}{2}$ hr. Cook whole in boiling water.		1 to 6 hours.	Peel, slice, add butter, salt and pepper.
Oysterplant	Wash with brush, cut off, brown top. Cut in 1 inch lengths.		1 hr.	White sauce or saute.
Okra	Cut off stems.		20 to 30 min.	Heat with butter, salt and pepper; vinegar, if liked.
Parsnips, old	Wash with brush and split. Soak 15 min. in cold water.		2 hours.	Cut in cubes, add white sauce or cut in strips and saute, or mash as potatoes.
Beets (young)	Same as old beets, except do not soak.		30 to 40 min.	Same as old beets.
Beet-tops	Wash.		1 hour. No salt.	Clip, add butter, salt and pepper.

Broccoli	As cauliflower.		As cauliflower.
Brussels Sprouts	Pick off poor leaves. Leave in vinegar and water 15 min.	20 to 30 min.	Drain, pour cold water over them. Heat with butter, salt and pepper.
Cabbage	Cut out stalk, separate leaves.	1-2 hrs. uncovered.	Plain or with white sauce and crumbs.
Carrots (old)	Scrape and lay in cold water.	1 hr. or till soft.	Cut in dice and add white sauce or saute.
Carrots (young)	As old carrots, except do not soak in water.	20-30 min.	
Cauliflower	Trim off leaves, soak in vinegar and water, tie in cheese-cloth.	30-40 min.	White sauce, cheese and crumbs.
Celery	Scrape lightly and cut in inch lengths.	20-30 min.	White sauce, cheese and crumbs.
Celery- roots	Wash, cut off leaves and cut in quarters.	10 min.	Simmer in white sauce 30 min. before serving.
Corn	Husk and re- move the silk. For baking re- move silk, tie husks or small end.		On cob; or cut off and heat with milk, but- ter, salt and pepper.
Cucumbers	Peel and cut in quarters; remove large seeds.		Heat in white sauce, flavored with onion or with melted butter, seasoned with paprika.
Egg-plant	See recipe.		
Endives	Same as spinach.		Same as spinach, with white sauce.
Kale	Same as cabbage.	30 min. Baking 1¼ hrs.	Same as spinach.
Peas	Shell and wash.	20 min.	Butter or cream, salt and pepper.
Potatoes	Wash with brush.	20-30 min. Baking 30-45 min.	See recipes.

Potatoes (sweet)	Cut off dry Same as white. brown spots.	45 min. Baking 1 hr.	
Radishes	Wash; cut off leaves..	30 min.	In white sauce.
Spinach	Wash in 7 waters; use tender parts.	Covered till soft.	Press in colander. Chop, add butter, salt, pepper. Garnish with sliced eggs.
Squash (summer)	Peel, if old; cut in pieces, remove seeds	20 min. in small amount of water.	Mash and add butter, salt and pepper.
Squash (winter)	Cut in pieces; remove seeds.	Bake till soft.	With butter, salt and pepper.
Tomatoes	Place in boiling water; remove skin, cut in quarters.	30 min. without water.	
Turnips (young)	Wash with brush.	45 min.	Peel, mash or cut in pieces and serve with white sauce.
Turnips (old)	Same as young, except soak $\frac{1}{2}$ hr. in cold water.		

---

#### TURNIP SOUFFLE.

Peel and slice white turnip, cook till tender. Rub through collander. Return to saucepan over fire, stirring into it

1 T. butter	$\frac{1}{4}$ t. salt
1 T. flour mixed together	$\frac{1}{8}$ t. pepper
1 cup hot milk.	

Beat to smooth mass. Add 4 egg whites, beaten light. Bake in pudding dish (buttered) 40 min., covered. Uncover and brown.

#### DELMONICO POTATOES OR AU GRATIN.

1 pt. boiled potatoes cut in cubes.  
1 C. thin white sauce, highly seasoned.  
 $\frac{1}{4}$  to  $\frac{1}{2}$  C. chopped or grated cheese.

Put in layers in a buttered pudding dish, cover with buttered crumbs. Bake till hot and brown. ( $\frac{1}{2}$  recipe for two.)

#### "BOILED" POTATOES.

Choose potatoes of about the same size. Wash and cook in fresh-



## SWEET POTATOES, SOUTHERN STYLE.

Bake 6 sweet potatoes, remove from oven, cut in half lengthwise and scoop out inside. Mash, add 2 T. butter, and cream to moisten. Add  $\frac{1}{4}$  t. salt. Refill skins and bake 5 min. in hot oven.

## POTATO PUFF.

6 medium size potatoes	3 eggs
1 t. salt	$\frac{1}{2}$ cup hot milk
$\frac{1}{8}$ t. pepper	

Wash potatoes, boil until soft, peel, mash. Put through ricer. Add salt, pepper, hot milk, slowly beating all the time. Add egg yolks beaten light, fold in egg whites. Turn into hot buttered dish. Bake  $\frac{1}{2}$  hour.

## POTATO MARBLES.

Cut large potatoes into balls like marbles with a cutter. Cook slowly in boiling water 10 min., or until tender. Drain, and shake carefully until dry. Pour over them 1 T. melted butter for each cupful and roll about until all are buttered; sprinkle with salt, pepper and minced parsley.

Individual one potato cut into balls. May be served with Maitre de Hotel butter, parboiled and fried in deep fat.

## LYONNAISE POTATOES.

Cut 1 pt. cold boiled potatoes into dice or thin slices and season with salt and pepper. Fry 1 T. minced onion in 1 oz. butter until yellow. Add potatoes and stir with a fork until they have absorbed all the butter, being careful not to break them. Sprinkle with chopped parsley and serve hot. (1 T. vinegar heated with the butter gives a good flavor.)

## CREAMED LYONNAISE POTATOES.

2 cups cold boiled potatoes cut in small cubes.  
 $\frac{1}{4}$  cup chopped fine onion.  
 1 cup white sauce No. 1, or brown gravy.  
 $\frac{1}{2}$  cup bread crumbs, 2 T. butter.

Place one-half the potatoes in a small baking-dish, forming an even layer, then the finely chopped onion; sprinkle with one-half the crumbs, dot with 1 T. butter. Add the remaining half of potatoes, make even, sprinkle with crumbs and pour over the whole of the white sauce; add a final sprinkling of crumbs, garnish with butter, and bake in a moderate oven until brown.

## POTATO BALLS.

Wash and pare potatoes. Shape in balls with a French vegetable

cutter. Parboil in slightly salted water. Drain thoroughly, then fry in deep fat. Sprinkle with salt. Serve as a garnish with meats.

#### POTATO SOUFFLE.

To two cupfuls of smooth, well-seasoned and quite moist mashed potatoes add the yolks of two eggs. When a little cool stir in lightly the whites of two eggs, beaten very stiff. Put the whole into a pudding-dish and brown in a quick oven.

#### POTATO ROSES.

2 C. mashed potatoes	$\frac{1}{8}$ t. pepper
1 egg	1 T. butter
$\frac{1}{4}$ t. salt	

Add ingredients to potatoes, put mixture through pastry bag and rose tube. Bake until potato is brown.

#### POTATO ROSES.

Put a star tin tube into the end of a three-cornered pastry bag made of rubber sheeting or thick, firm drilling. Fill bag with mashed potato, twist the top tightly and press the potato through the tube into small mounds.

#### CREAMED SWEET POTATO.

Cut cold boiled sweet potatoes into cubes, place in well oiled baking dish, cover with white sauce, and brown in the oven.

#### BROWNEED SWEET POTATOES.

Cut cold boiled potatoes into slices  $\frac{1}{4}$  inch thick. Spread with butter and sprinkle with sugar. Brown in oven, basting often with sauce in pan.

#### BROILED POTATOES.

Use large potatoes, either white or sweet, which have been boiled but are not quite done. Pare and cut in thick slices lengthwise, making about four for each potato. Dip in melted butter or beef fat and broil under gas or over coals until browned and cooked through.

#### HASHED POTATOES.

Wash and pare enough potatoes to make a pint. Chop quite fine and soak 10 min. in cold water. Drain, put 2 T. butter or bacon fat in a frying-pan, add potatoes, sprinkle with salt and pepper, add 1 T. vinegar, cover closely and cook on the back of the stove until tender. Bring forward and let them brown; then fold over, turn out and serve.



## GERMAN POTATOES.

Pare potatoes, cut in  $\frac{1}{2}$ -inch cubes, saute in frying pan with a small amount of fat. Season.

## SOUTHERN HASH.

Six raw potatoes	1 C. stock
1 small onion	2 C. meat, chopped
2 or 3 green peppers	1 tomato

Chop potatoes very fine, also peppers and onion. Melt 4 T. butter in frying pan, add vegetables with stock and cook till potatoes are tender. Keep covered and stir often to prevent sticking. When potatoes are done add meat. Season well.

## POTATO CUPS.

Hot mashed potato	Vegetables
-------------------	------------

Shape potatoes to form cups. Fill centre with vegetables cut very fine. Season; serve a garnish and vegetable.

## BAKED STUFFED TOMATOES.

Cut a thin slice from top of large smooth tomatoes. Remove pulp and mix pulp with equal quantities of celery and bread crumbs. Season. Fill tomatoes with mixture, sprinkle buttered crumbs on top. Bake in pan with  $\frac{1}{4}$ -inch water until crumbs are brown.

## BOILED DINNER.

4 lbs. corn beef	1 turnip
3 beets	1 cabbage
2 carrots	1 squash
potatoes	

Wipe meat and plunge in boiling water. Let simmer till tender. Cook beets in boiling water about 4 hours. Beets may be cooked the day before, then sliced and put in vinegar. Bake the squash separately about 1 hr. Wash carrots and turnip and cabbage, put in meat liquor. Carrots require about 2 hrs., turnip 2 hrs., cabbage  $1\frac{1}{2}$  hrs., and potatoes are pared and cooked about  $\frac{1}{2}$  hr.

Place meat in center of platter; place sliced carrots and turnip around meat. Serve other vegetables separately.

## SPICED BEETS.

1 qt. cooked beets	$\frac{1}{4}$ t. mustard seed
2 cups vinegar	6 cloves
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ t. salt
2 in. piece cinnamon	dash cayenne

Heat vinegar, add sugar, and other spices. Cook until mixture is reduced to 1-3. Add beets, cook 20 min. Serve hot or cold.

## ASPARAGUS TIPS IN CROUSTADES.

Clean asparagus, tie in bunches, place in pan with boiling water. Cook until tips are tender. Remove tips and reserve liquor and tough stalks for soup.

Make 1 C. white sauce, add asparagus tips, cut in small pieces; serve in croustades.

## CROUSTADES.

Cut stale bread into squares or circles, remove centres, leaving cases. Brush over with butter and brown in oven.

## ESCALLOPED TOMATOES.

Remove skins from tomatoes, cut in half, cook until soft, season. Cover the bottom of buttered baking dish with crumbs, cover with tomato, put on another layer of crumbs, then tomato, sprinkle top with crumbs. Bake until crumbs are brown.

## TOMATO ASPIC JELLY.

1 C. tomato	1 stick celery
$\frac{3}{4}$ box gelatine (Cox)	1 bay leaf
1 small onion	2 cloves

Cook all ingredients except vinegar and gelatine 10 min., add 2 T. vinegar and gelatine which has been soaked in cold water. Stir until dissolved. Strain and pour into moulds. Serve with mayonnaise dressing on lettuce leaves.

## BAKED BANANAS.

Wash bananas, remove skins and cut in halves lengthwise, then in quarters. Put in shallow pan, add 2 T. melted butter, 1-3 C. sugar, 2 T. lemon juice. Bake 20 min. Baste often. Serve with lemon sauce.

## GERMAN CARROTS.

6 small carrots	2 T. flour
1 t. salt	2 T. butter
$\frac{1}{8}$ t. pepper	1 T. chopped parsley
2 t. sugar	Grated nutmeg

Wash carrots, and cook until soft. Remove skins and cut carrots in  $\frac{1}{2}$ -inch cubes. Make a sauce of flour, butter, seasoning and  $1\frac{1}{2}$  C. carrot liquor. Before serving sprinkle parsley over top, and nutmeg if desired.

## STUFFED CUCUMBERS.

3 cucumbers	$\frac{1}{2}$ T. onion
$\frac{1}{2}$ C. soft bread crumbs	1 t. parsley
$\frac{1}{2}$ C. cold meat	$\frac{1}{8}$ t. salt

$\frac{1}{2}$  C. white sauce or stock

Pare cucumbers, cut in half lengthwise. Boil gently 6 min. in salted water. Dry on towel, fill halves with stuffing; if too dry moisten with stock. Cover with buttered crumbs. Place in baking pan. Surround with cucumber water and bake in slow oven 40 min. Serve with well seasoned sauce.

#### EGG PLANT.

Remove skin, cut in slices  $\frac{1}{4}$ -inch thick. Sprinkle slices with salt. Let stand under pressure 1 hr. Dip slices in crumbs, egg and crumbs. Fry in deep fat.

#### BAKED SQUASH.

Wash squash. Cut in half. Remove seeds. Put in pan, surround with  $\frac{1}{4}$ -inch water. Bake until tender.

#### PARSNIP CAKES.

Wash parsnips and cook 45 min. in boiling salted water. Remove skins, mash, season with salt, pepper and butter. Shape in small flat cakes, roll in flour and saute in butter.

#### STUFFED ONIONS WITH NUTS.

Peel 8 Spanish onions. Parboil 5 min. Remove a portion of center, leaving a thin shell. Chop fine 1 C. meat nuts, 1 C. soft bread crumbs, 1-3 C. melted butter, add  $\frac{1}{4}$  t. salt, 1-16 t. pepper, 1 egg. Fill onions with mixture, place in baking dish, surround with 1 C. water or stock. Bake 1 hr. Serve with white sauce.

#### SPANISH RICE.

Blanch 2 C. rice. Cook in 5 C. boiling water,  $\frac{1}{2}$  t. salt. Cut 2 slices of salt pork into small pieces and try out. Remove pork and saute  $\frac{1}{2}$  onion,  $\frac{1}{2}$  green pepper in fat. Put in double boiler, add rice that has been drained; moisten with 3 C. tomato sauce. Cook until tender.

#### SAUSAGE AND FRIED APPLE.

Wipe sausages, prick with fork several times, brown in frying pan. Make syrup of  $\frac{1}{2}$  C. sugar, 1 C. water. Cook apples cored and sliced  $\frac{1}{4}$ -inch thick in syrup till apples are soft, but not broken. Serve around sausages.

#### RICE AND PEPPERS.

$\frac{1}{2}$ C. rice	$\frac{1}{2}$ green pepper
3 T. butter	$3\frac{1}{2}$ C. boiling water
1 slice onion	

Cook rice in water until nearly tender. Melt butter, add pepper

and onion chopped fine; brown. Drain rice when nearly tender; add pepper and onion and tomato sauce. Cook in double boiler until tender.

#### TOMATO SAUCE.

2 T. butter	2 T. flour
1 C. strained tomato	$\frac{1}{2}$ C. tomato
$\frac{1}{2}$ C. stock	$\frac{1}{4}$ t. salt
1-16 t. pepper	

Make as a white sauce.

#### ASPARAGUS LOAF.

Cook  $4\frac{1}{2}$  T. flour and  $2\frac{1}{2}$  T. butter together; add  $\frac{1}{2}$  t. salt, 1-16 t. pepper, 1 cup milk. When boiling add 2 T. ham or chicken chopped fine. 1 C. asparagus tips, 4 eggs well beaten. Turn into mould thickly buttered. Cook till centre is firm in hot water. Do not let the water boil.

#### APPLE FRITTERS.

Pare, core and cut 2 apples in lengths. Cut eighths in slices, stir into batter. Drop by spoonfuls and fry in deep fat. Sprinkle with powdered sugar. Serve with lemon sauce.

#### BATTER

1 1-3 C. flour	$\frac{1}{4}$ t. salt
2 t. baking powder (Rumford)	2-3 C. milk
1 egg	

Mix and sift dry ingredients, add milk gradually, an egg well beaten.

#### LEMON SAUCE.

$\frac{1}{2}$ C. sugar	2 T. butter
1 C. boiling water	$\frac{1}{4}$ t. lemon extract
1 T. cornstarch	$\frac{1}{8}$ t. salt

Mix sugar and cornstarch, add water gradually, stir constantly, boil 5 min. Remove from fire, add butter and lemon.

#### BOILED CABBAGE.

Wash cabbage, cut in quarters, cook in boiling water, uncovered, about 1 hour, or till tender. Drain, chop and serve with mayonnaise or vinegar.

#### CORN FRITTERS.

2 cups corn	$\frac{1}{2}$ t. baking powder
2 egg yolks	$\frac{1}{2}$ cup flour
2 egg whites	Milk to make soft batter.

$\frac{1}{4}$  t. salt

Beat yolks till light, add corn, baking powder sifted with salt and flour, fold in whites, add milk.

#### ARTICHOKES CREAMED.

Jerusalem artichokes, washed, pared and cooked in acidulated water until soft. Cut in cubes, serve with white sauce.

#### BAKED APPLE SAUCE.

Wipe, pare and core apples, cut in small pieces. Add  $\frac{1}{4}$  C. water to prevent apples sticking to pan. Put in covered dish and cook until apples are of a reddish color.

# Soups

## HOW TO CLEAR SOUP STOCK.

Whites of eggs slightly beaten, or raw, lean beef chopped fine are employed for clearing soup stock. The albumen found in each affects the clearing by drawing to itself some of the juices which have been extracted from the meat and by action of heat have been coagulated. Some particles rise to the top and form a scum, others are precipitated, leaving the soup between clear when cold.

Remove the fat from the stock and put the quantity to be cleared in a stew pan, allowing the white and shell of one egg to each quart of stock. Beat the egg slightly, break or crush the shell in small pieces and add to stock. Place on front of range and stir constantly until the boiling point is reached. Do not boil, but set back where it may simmer 20 min. Then remove scum and strain through double thickness of cheese cloth placed over a fine strainer. If stock to be cleared is not sufficiently seasoned, additional seasoning must be added as soon as the stock has lost its jelly-like consistency; not after clearing is effected. Many think the flavor obtained from a few shavings of lemon rind an agreeable addition.

This method is used for clearing stock with which to make aspic jelly; jelly for boned chicken or tongue must be very transparent; so extra care must be taken in the straining. So, for aspic jelly, it is always best to strain the stock through cotton flannel; do not squeeze it through, but let it drip through, as is done with grape juice. Care should be taken that the flannel does not touch the top of the stock already strained. Do not strain close at the end, for there is danger of getting some of the sediment in.

Two thicknesses of the cotton flannel would be even surer to make the stock clear. It is a good plan to use a cotton flannel bag, such as is used for jellies and grape juice. Baby's flannel is one of the best things to use, because it is of so fine a texture.

---

## GENERAL METHOD FOR PUREES.

Simmer the vegetables or meat in water or stock until tender. Add the seasoning the last hour. When tender remove the large pieces of bone or meat; press the remainder through a colander or coarse sieve. Return to water. This may be done several hours before needed if necessary. When ready to use remove the fat; reheat and add to a sauce made of hot butter and flour, cooked thoroughly, stock or water, and seasonings. When these are thoroughly blended add the garnishings.

## BEEF OR BROWN STOCK.

8 lbs. of shin of beef	1 onion
8 qts. cold water	1 stick celery
1 medium sized turnip	12 pepper-corns
1 medium sized carrot	6 cloves
1 parsley root and leaves	1 T. salt

Wipe the beef with a wet cloth. Take the meat from the bones and cut it into small pieces.

Put aside  $\frac{1}{2}$  lb. of meat. Put the rest of the meat and the bones in a porcelain kettle, with the water. Let it stand 15 to 30 min., or until the water is red; then place on the fire and let come slowly to the simmering point. Put the  $\frac{1}{2}$  lb. meat into a hot frying pan with marrow from the bones, or use drippings. Cook until well browned. Add to the simmering meat and cook 5 hours. Then add the vegetables and cook 1 hour longer. Season and allow to cool rapidly. Remove fat, and clear according to previous directions.

## WHITE SOUP STOCK II.

4 lbs. knuckle of veal	Blade of mace
2 qts. cold water	2 stalks celery
1 T. salt	1 onion
$\frac{1}{2}$ tsp. pepper-corns.	

Wipe meat, remove from bone, and cut in small pieces. Put meat, bone, water and seasonings in kettle. Heat gradually to boiling point, skimming frequently. Simmer four or five hours and strain. If scum has been carefully removed and soup is strained through a double thickness of cheese cloth, stock will be quite clear.

## WHITE SOUP STOCK III.

The water in which a fowl or chicken is cooked makes white stock.

## BOUILLON.

(3 pts. Time, 5 hours.)

3 lbs. of beef from under side of round and cut in inch cubes.	3 qts. cold water
1 sprig parsley	1 onion
2 sticks celery	$\frac{1}{2}$ carrot
1 bay-leaf	6 pepper-corns
2 cloves	1 tsp. salt added just before taking soup from fire

Wipe meat with a wet cloth and cut in inch cubes. Let stand in the cold water 1 hour. Cover, and bring slowly to the boiling point, taking off any scum that rises. Then place it where it will

simmer for four hours. At the end of that time add the vegetables cut into dice and the spices, and simmer 1 hour longer. Strain into an earthen bowl. Leave uncovered and cool rapidly.

Remove the fat and clear. Serve in bouillon cups.

#### CONSOMME.

3 lbs. beef, poorer part of round	2 T. butter
1 lb. marrow bone	1 T. salt
3 lbs. knuckle of veal	1 tsp. pepper-corns
1 qt. chicken stock	4 cloves
Carrot, turnip, celery—	3 sprigs thyme
1-3 cup of each cut	1 sprig marjoram
1-3 cup sliced onion	2 sprigs parsley
3 qts. cold water	½ bay leaf

Cut beef in one and one-half-inch cubes and brown one-half in some of the marrow from bone. Put remaining half in kettle with cold water. Add veal cut in pieces, browned meat and bones. Let stand ½ hour. Heat slowly to boiling point and let simmer 3 hours, removing the scum as it forms on top. Add 1 qt. liquor in which a fowl has been cooked and simmer 2 hours. Cook carrot, turnips, onion and celery in butter 5 minutes; then add to soup with remaining seasonings. Cook 1½ hours, strain, cool quickly and clear.

#### CHICKENS' FEET STOCK.

Pour boiling water over feet. Let steam 15 min. Remove outer skin on feet. Put feet in saucepan, add 1 t. salt, cold water to cover. Let simmer until flesh on feet is tender.

#### SALSIFY SOUP.

1 bunch salsify	⅛ t. pepper
2½ C. boiling water	1-16 t. cayenne
1 T. butter	2 C. scalded milk.
½ t. salt	

Wash salsify with brush. Cook in boiling water until tender (about ½ to 2 hrs.) Reserve liquor. Remove skin and pare salsify in ⅛-inch pieces. Reheat stock. Add seasoning, scalded milk, and serve.

#### SALMON BISQUE.

1 C. salmon	¼ t. salt
2 C. milk	⅛ t. pepper
1 T. chopped parsley	1-16 t. cayenne

Heat salmon and milk, strain, season and add chopped parsley.



## TOMATO BISQUE.

½ can tomatoes	1 tsp. salt
1 qt. milk	½ ssp. pepper
2 T. butter	1 ssp. soda
1 T. cornstarch	Dash of cayenne

Stew the tomatoes until very soft; then pass them through a fine sieve or strainer. Put the strained tomatoes into a granite-ware saucepan and add 1 ssp. soda; when it has ceased foaming add the butter, a small piece at a time; if put in all at once it will show an oily line; add salt, pepper and cayenne.

Put the milk into a double boiler and scald, then stir into it a tablespoon of cornstarch, mixed with a little of the cold milk; let it scald 15 min., or long enough to cook the cornstarch. Then pour the milk into the tomatoes. Beat well together and serve at once.

## CREAM OF LETTUCE.

2½ C. white stock II or III	1 T. butter
2 heads of lettuce, cut fine	Yolk of 1 egg
2 T. rice	Few grains nutmeg
½ c. cream	1 tsp. salt
¼ T. onion finely chopped	⅛ tsp. pepper

Cook onion 5 min. in butter; add lettuce, rice and stock. Cook until rice is soft, then add cream, yolk of egg slightly beaten, nutmeg, salt and pepper. Remove the outer leaves from lettuce, using only tender part for soup.

## PUREE OF PEAS.

1 can Marrowfat peas	2 T. butter
1 pt. cold water	2 T. flour
1 pt. milk	1 tsp. salt
1 slice onion	⅛ tsp. pepper

Drain peas from their liquor, add sugar and cold water, and simmer 20 min. Rub through a sieve, reheat and thicken with butter and flour cooked together. Scald milk with onion, remove onion and add milk to pea mixture; season with salt and pepper. Peas too old to serve as a vegetable may be utilized for soups.

## POTATO SOUP.

3 potatoes	1 tsp. salt
1 qt. milk	⅛ tsp. pepper
2 slices onion	¼ tsp. celery salt
3 T. butter	Few grains cayenne
2 T. flour	1 tsp. chopped parsley

Cook potatoes in boiling salted water; when soft rub through a strainer. Scald milk with onion, remove onion and add milk slowly to potatoes. Melt half the butter, add dry ingredients, stir till well mixed; then stir into boiling soup; cook 1 min., strain, add remaining butter and sprinkle with parsley.

#### SALMON SOUP.

1-3 can salmon	4 T. flour
1 qt. scalded milk	1½ tsp. salt
2 T. butter	Few grains pepper

Drain oil from salmon, remove skin and bones, rub through a sieve. Add gradually the milk, season and bind.

#### POTTAGE A LA REINE.

Put a chicken into 3 qts. of water. Simmer it slowly for two hours, or until the chicken is very tender. A half hour before removing it add ½ lb. rice and a bouquet containing 1 root parsley, a sprig thyme, a thin slice onion and a stick of celery. Boil it until the rice is soft, then strain through a colander. Let the broth cool and remove the grease. Remove the white meat from the bones of the chicken, put it with the rice in a mortar and pound to a pulp. Pass the pulp through a puree sieve, moistening it with a little stock to make it pass through easier. When ready to serve add the puree to the stock, season with salt and pepper, and heat thoroughly without boiling. Just before sending to the table add ½ pint hot cream.

If desired the soup can be thickened with a little roux or with 15 blanched almonds, chopped and pounded to a paste, using a little cream to prevent almonds from oiling.

#### CLAM CHOWDER.

50 clams	2 T. butter
1 medium sized onion	4 T. flour
6 oz. salt pork	1 pt. milk or cream
3 large potatoes	1 ssp. mace
1 tsp. salt	1 ssp. thyme
½ tsp. pepper	3 ship crackers

Put the clams with their own liquor into a saucepan on the fire. When they have boiled 3 min. remove the clams and return the liquor to the fire. Cut the pork into slices. Chop an onion and fry it with the pork until both are browned. Then stir in two tablespoons flour. When the flour is cooked add slowly the clam liquor, a dash of mace and thyme, and salt if necessary. Then add 3 parboiled potatoes, cut into dice and cook until potatoes are tender. When ready to serve,

add a pint of milk or cream, the clams cut into pieces, and  $\frac{1}{4}$  lb. of broken ship crackers, or any hard water cracker.

### CONSOMME AUX PATES.

Consomme, served with noodles, macaroni, spaghetti, vermicelli, or any Italian pastes first cooked in boiling salted water.

### CARROT SOUP.

1 pt. sliced carrots	1 T. flour
1 qt. water	1 t. salt
1 pt. milk	1-16 t. paprika
1 T. butter	

Boil carrots until soft. Put through sieve. Blend butter and flour; add carrot liquor. Stir in carrot pulp, season, and boil 5 minutes, then add milk.

### CUCUMBER SOUP.

3 large cucumbers	2 blades mace
2 t. butter	1 C. milk
1 slice onion	3 C. white stock
3 T. flour	2 egg yolks
$\frac{1}{2}$ C. cream	Salt and pepper

Peel cucumbers, slice and remove seeds. Cook in butter 10 min. Add flour and stock. Scald milk with onion and mace. Combine mixtures. Rub through sieve, add cream and beaten yolks. Season.

### CREAM OF CORN SOUP.

1 C. milk	1 T. butter
1 can corn	1 T. flour
1 pt. H <sub>2</sub> O	2-3 t. salt
1 C. cream	$\frac{1}{8}$ t. paprika

Mix H<sub>2</sub>O with corn. Cook till tender. Sift. Make white sauce of butter, flour, milk, add corn water, add cream.

### ONION SOUP.

5 onions	1 t. salt
2 T. butter	1 T. flour
1 qt. milk	$\frac{1}{8}$ t. pepper
1 pt. boiling water or stock.	

Directions: Cut onions in small pieces. Fry in butter till brown. Add flour; cook 3 minutes. Add water or stock, boil till tender. Rub all possible through sieve. Add hot milk, salt and pepper.

## CORN CHOWDER.

Cut two slices of salt pork in small pieces. Put in saucepan and try out fat, add two slices of onion, chopped fine, saute until brown. Add  $\frac{1}{2}$  C. sliced potatoes, 2 C. water and corn cut from 3 ears of corn. Boil  $\frac{1}{2}$  hr. Add 2 C. milk, and bind with 2 T. flour and 2 T. butter. Add  $\frac{1}{4}$  t. salt,  $\frac{1}{8}$  t. pepper.

## BAKED BEAN PUREE.

3 C. cold beans	$\frac{1}{2}$ t. salt
2 slices onion	$\frac{1}{8}$ t. pepper
2 stalks celery	1-16 t. cayenne
2 C. tomato (stewed)	2 pts. stock or water

Directions: Put beans, onion, celery, tomato and stock into a sauce-pan, cover, heat to boiling point, simmer 15 min. Strain through puree sieve, pressing through all pulp possible. Add seasonings. Sprinkle top with croutons. Serve hot.

## ASPARAGUS.

Drain and rinse asparagus. Reserve tips. Add stalks to 2 cups water. Boil 5 min. Drain, add 2 cups stock, a slice onion. Boil 30 min. Rub through sieve and bind with 4 T. butter and 4 T. flour. Add  $\frac{1}{4}$  t. salt,  $\frac{1}{8}$  t. pepper, 2 cups scalded milk.

## HALIBUT PUREE.

$\frac{3}{4}$ cup cold boiled halibut	3 T. butter
1 pt. milk	2 T. flour
1 slice onion	$\frac{1}{2}$ t. salt
1-16 t. mace	$\frac{1}{8}$ t. pepper

Rub fish through sieve. Scald milk with onion and mace. Remove onion, add fish. Bind with butter and flour. Season.

## PEANUT PUREE.

1 qt. milk	1 t. onion juice
1 cup peanuts, pounded	$\frac{1}{8}$ t. paprika
1 piece bay leaf	2 T. cornstarch
1 t. celery seed	1 cup milk

Place all in double boiler. When very hot add cornstarch diluted in milk. Cook 15 min. Strain. Serve with 1 t. whipped cream.

## BLACK BEAN PUREE.

1½ cups black beans	2 drops Tabasco sauce
½ onion	1 T. butter
3 cloves	1 T. flour
1 t. salt	1 hard-cooked egg
pinch cayenne	½ lemon cut in thin
1 pt. hot water	slices

Wash beans and soak over night. Simmer till soft, 3 or 4 hours. Add water. Last hour of cooking add onion stuck with cloves. When soft rub through sieve. Bind with flour and butter. Place lemon in tureen and strain soup through it. Grate egg on top just before serving.

## TOMATO BISQUE No. 2.

½ can tomatoes	4 T. flour
1 slice onion	4 T. butter
¼ t. soda	1 t. salt
1 quart milk	⅛ t. pepper

Make a white sauce of flour, butter and milk. Put tomato and onion in sauce-pan, cook 10 min. Strain, add soda, then add to milk mixture. Do not combine mixtures until ready to serve.

## GARNISHES FOR SOUPS

## ROYAL CUSTARD.

2 yolks	Dash of cayenne
1 entire egg	½ cup beef stock
1-3 tsp. salt	

Beat the eggs well, but not to a froth. Add the salt and the clear beef stock. Pour the mixture in a small pan or flat dish, so it will be about one-half inch deep. Set the pan into another containing hot water and place them in a very moderate oven so that the custard will set without bubbles and without browning on top. Let the custard become perfectly cold. Without removing it from the pan, cut it into cubes one-half inch square, or into fancy forms with vegetable cutters. These pieces should be placed carefully in the consomme after it is in the tureen, allowing three or four pieces to each portion of soup.

## EGG BALLS.

Rub to a paste with a wooden spoon the yolks of hard boiled eggs; season with salt, pepper and butter; add enough raw yolk to

bind the paste; form it into balls one-half the size of a natural yolk; roll them in white of egg and then in flour and poach the balls in boiling water for a few minutes.

Three yolks will make five balls. One ball is enough to allow for each portion of soup.

#### IMPERIAL STICKS.

Cut stale bread in 1-3-inch slices, remove crusts, spread thinly with butter, and cut slices in 1-3-inch strips; put in a pan and bake until delicately browned.

#### CROUTONS.

Cut stale bread in 1-3-inch slices and remove crusts. Spread thinly with butter. Cut slices in 1-3-inch cubes, put in pan and bake until delicately browned, or fry in deep fat.

# Sandwiches

## DIRECTIONS FOR MAKING SANDWICHES.

In preparing bread for sandwiches, always cut the bread thin and remove the crusts. If butter is used, it should be creamed, (i. e. worked with a wooden spatula or spoon), and the bread should be spread before cutting from the loaf. Spread both slices *lightly*.

Spread  $\frac{1}{2}$  the number of slices with the mixture to be used for filling; cover these with the remaining pieces; and cut in squares, oblongs or triangles.

If the sandwiches are shaped with round or fancy cutters, the bread should be shaped before spreading, that there may be no waste of butter.

Sandwiches which are prepared several hours before serving time may be kept fresh and moist by wrapping in a napkin wrung out of hot water and keeping in a cold place. Paraffine paper is often used for the same purpose.

Bread for sandwiches cuts better when a day old. Always spread sandwiches with a silver knife.

Serve sandwiches piled on a plate covered with a doily or a napkin, or in sandwich basket.

## SUGGESTIONS FOR SANDWICHES.

Soft cheese—plain  
soft cheese with chopped nuts  
ham  
egg  
anchovy paste  
chicken  
tongue  
lettuce (heart leaves with mayonnaise)  
sardine  
peanut butter

Spanish onions with ham and pickle  
club—brown bread with ham, cucumber and mayonnaise  
Bacon and cucumber with brown bread  
W. D. S.—chopped olives, nuts, pickle and celery with mayonnaise—rye bread  
Jelly and nuts, banana, raisins and figs

## RUSSIAN SANDWICHES.

Slightly butter thin slices of bread; moisten fine-chopped olives with mayonnaise dressing, and spread on the buttered slices; spread other slices with Neufchatel or any cream cheese, and press together in pairs.

## CHEESE AND ENGLISH WALNUT SANDWICHES.

 $\frac{1}{4}$  lb. grated cheese $\frac{1}{4}$  lb. walnut meats sliced thin $\frac{1}{4}$  lb. butter

Salt and paprika to taste

Work the butter to a cream, add the seasoning and grated cheese gradually; then mix in the nuts, which should be sliced very thin; spread on thin slices of bread. Particularly good with brown bread and served with a simple vegetable salad.

## PEANUT SANDWICHES.

Chop freshly roasted peanuts very fine; then pound them in a mortar until smooth; season with salt. Mix with mayonnaise dressing. Butter two pieces of bread, spread one with peanut mixture and the other with shredded lettuce, and press the two together.

## CHICKEN SALAD SANDWICHES.

Cut finger rolls lengthwise, remove the crumb from the lower half and fill with chicken salad; place very small lettuce leaves or tender celery tops at each end, and press on the upper half.

## MOSAIC SANDWICHES.

Cut the bread (white, brown and graham) as thin as possible, and use four or five pieces in each sandwich, putting them together so that the colors will contrast. Spread thinly with butter or other smooth filling.

## CHECKERBOARD SANDWICHES.

Cut the crust from loaves of white and brown bread, so that they have square edges and are blocks of uniform size; cut these lengthwise into slices one inch thick, and these into strips one inch wide; place together, alternating the colors, three blocks wide and three blocks deep. Spread with butter flavored with grated cheese and a little red pepper. Chill thoroughly before slicing.

## DATE AND GINGER SANDWICHES.

Chop the dates and preserved ginger; moisten with syrup from the ginger jar and a little lemon juice. Cook to a paste. Cool and use with bread or lady fingers. Preserved ginger may be used alone and without cooking.

## FIG SANDWICHES.

Chop  $\frac{1}{4}$  lb. figs very fine; add  $\frac{1}{4}$  c. water and cook to a smooth paste; add also 1-3 c. almonds, blanched and chopped very fine and pounded to a paste, with a little rose water; also the juice of half a



lemon. When cold, spread the mixture on lady fingers. Bread may be used instead of cake.

#### DATE SANDWICHES.

(a)  $\frac{1}{2}$  c. dates and  $\frac{1}{2}$  c. English walnut meats chopped fine and mixed with  $\frac{1}{2}$  c. cream.

Cut entire wheat bread in rounds spread with butter, add *a*, and put  $\frac{1}{2}$  an English walnut meat dipped in white of egg on the top of each sandwich.

#### CLUB SANDWICHES.

Cut bread in triangles and toast a light brown. Spread with mayonnaise dressing, cover with a lettuce leaf, then lay thin slices of cold chicken (white meat) upon the lettuce; over this arrange slices of broiled bacon, then lettuce, and cover with the other triangle of toast spread with mayonnaise. Trim neatly and arrange on a plate.

#### ANCHOVY PASTE FOR SPANISH SANDWICHES.

2 anchovies	2 T. vinegar
2 pickles (small)	2 yolks hard cooked
1 sprig parsley	1-16 t. pepper
2 T. olive oil	$\frac{1}{8}$ t. salt
3 T. capers	

Pound all to a paste in porcelain mortar, season, mix well. Butter slightly a thin slice of bread. Spread one side with the mixture. Sprinkle with white of egg chopped fine. Cover with another slice of thin bread.

## Pastry

Flour,  $1\frac{1}{2}$  cups  
Butter,  $\frac{1}{2}$  cup.

Salt,  $\frac{1}{2}$  tsp.  
Ice water,  $\frac{1}{4}$  cup

Add salt to flour, and work in one-half the butter with tips of fingers or with a case-knife. Moisten dough with ice water. Turn on a board, dredge sparingly, with flour, pat and roll out. Fold in other half of butter by placing upper half of crust over it. Press edges together firmly to incase as much air as possible, press with the rolling-pin and roll out. Fold so as to make three layers; turn dough half way around and roll out; repeat. Use pastry at once, or fold in cheese cloth, put in a covered dish and keep in a cool place, but never in direct contact with ice. Plain paste requires a moderate oven. This quantity will make one pie with two crusts, or two pies where the rim is built up. Dotting the upper crust with butter just before sending to the oven will give a flaky appearance. Milk or egg brushed over the pie will give a glazed appearance. Pie crust, no top, use 1 C. flour plus 4 T. butter.

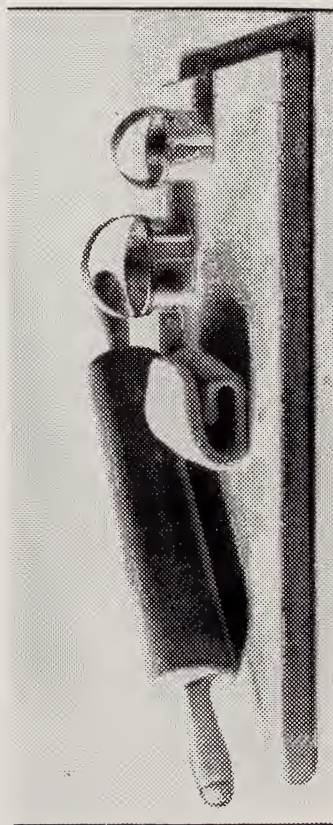
### TOP CRUST OF PIE.

Do not put perforations near edge. Press edges of pie crust down to tin with fingers. For thick crust on edges put strip of dough moistened with  $H_2O$  or milk. Brush over with milk or white of egg. Put pieces of butter on top for brown spots.

### COMMON PASTRY.

Work butter as for puff pastry. For flakey pastry, FOLD as for puff pastry. Use wooden spoon for packing butter. (1 lb. rolls butter.  $\frac{1}{4}$  lb. equals  $\frac{1}{2}$  C. butter). Sift NaCl into flour or mix with butter. Chop butter in with knife. Keep board slightly floured. Add cold  $H_2O$  sufficient to moisten. Put  $H_2O$  in different places of dough. Have flour distributed through quite dry,—layers of flour and layers of butter; then it is ready to turn out on board, floured. Roll pie crust from you. Roll from  $\frac{1}{8}$  inch to little thicker.





PUFF PASTE UTENSILS

## PUFF PASTE.

1 pound butter

Ice water

1 pound pastry flour

Wash the butter, pat and fold until no water remains. Reserve two tablespoons of butter and shape remainder into a square piece one-half inch thick, and put on floured board. Work the two tablespoons of butter into the flour with the tips of fingers until well blended. Moisten to a dough with ice water, turn on a floured board and knead to a smooth dough. Roll it in a napkin and place it on ice for 15 minutes, that it may become thoroughly cold. Roll the cold paste into an oblong piece one-fourth inch thick, keeping the corners square. Place the pat of butter in the centre and fold the paste first from the sides, then from the ends, folding one under and one over the enclosed butter. Press the edges firmly together to enclose as much air as possible. Turn the folded side down, and with a rolling-pin roll it LIGHTLY AWAY FROM YOU into a long, narrow strip, keeping it as even as possible. Fold it over, making three even layers of paste; roll out and fold as before.

Roll in a napkin put in a shallow pan, place between two pans of ice and let stand five to fifteen minutes. Repeat the rolling and folding six times. After fourth rolling, fold from ends to centre and double, making four layers. For patty shells, roll puff-paste one-fourth inch thick, shape with a patty or biscuit-cutter, first dipped in flour or hot water. Remove centres from one-half the rounds with a smaller cutter. Brush over with cold water the larger pieces, near the edge, fit on rings, PRESSING lightly. Put in pans, cover with a towel, and place between pans of cracked ice, and chill until paste is stiff. Bake in a very hot oven, with greatest heat at the bottom, 25 or 30 minutes. Turn frequently that it may rise evenly, with a paper over the top to prevent crust forming too soon. If the oven is not hot enough, the paste will melt and spread. If it bakes too fast on top, it will not rise.

## TO PUT A PIE TOGETHER.

Roll the paste one-eighth inch thick, and a little larger than the plate. Place the paste in the plate, letting it shrink all it will. Lift it from the sides to fit it into place, and press it as little as possible. Cut a narrow strip of paste and lay it around the edge, moistening it with water so it will stick. Brush the top of the bottom paste with white of egg so the filling will not soak in and make it heavy. Put in the filling and cover with another sheet of pastry, having cut several slits to let the steam escape in cooking. Moisten the top of the strip so the top crust will adhere to it. Where cooked fillings are used it is desirable to bake the crust separately. Cover an inverted pie-plate with paste; prick thoroughly with a fork before baking.

## SQUASH PIE.

1 $\frac{1}{4}$ cups steamed and strained squash	1 $\frac{1}{4}$ cup sugar
1 $\frac{1}{4}$ tsp. cinnamon, clove, or	1 $\frac{1}{2}$ tsp. salt
1 $\frac{1}{4}$ tsp. lemon extract	1 egg
	7-8 cup milk

Mix sugar, salt, spice or extract, add squash, egg, slightly beaten, and milk gradually. Bake in one crust in a slow oven. If a richer pie is desired, use one cup squash, one-half cup each of milk and cream, and an additional egg yolk.

Pumpkin pie is made same as squash pie, using pumpkin instead of squash. More spices can be used if desired.

## APPLE PIE.

4 or 5 sour apples	1 tsp. butter
1-3 cup sugar	1 tsp. lemon juice
1 $\frac{1}{4}$ tsp. grated nutmeg	Few gratings lemon rind
1 $\frac{1}{8}$ tsp. salt	

Line pie-plate with paste. Pare, core and cut the apples into eighths, or thin slices, and arrange evenly in the plate. Mix sugar, nutmeg, salt, lemon juice and grated rind and sprinkle over apples. Dot over with butter. Wet edges of under crust, cover with upper crust, and press edges together. Bake 40 to 45 minutes in a moderate oven.

## LEMON PIE.

3 $\frac{1}{4}$ cup sugar	3 egg yolks
3 $\frac{1}{4}$ cup boiling water	Grated rind of 1 $\frac{1}{2}$ lemon
4 tbsp. cornstarch	1 tsp. butter
3 tbsp. lemon juice	

Mix cornstarch and sugar, add boiling water, stirring constantly. Cook two minutes, add butter, egg yolks, 1 $\frac{1}{2}$  rind and juice of lemon. Line plate with rich pastry. Turn in mixture, which has been cooled, and bake until pastry is well browned, or bake pastry first. Cool slightly and cover with meringue made of the whites of two eggs beaten stiff, with two tablespoons powdered sugar, and one-half tablespoon powdered sugar, and one-half tablespoon lemon juice. Then return to oven to bake meringue.

## RHUBARB PIE.

1 $\frac{1}{2}$ cups rhubarb	1 egg
1 $\frac{1}{8}$ cup sugar	2 tbsp. flour

Skin and cut stalks of rhubarb in half-inch pieces before measuring. Mix sugar, flour and egg; add to rhubarb, and bake between crusts.

## Pan for Lemon Pie.

Shallow, 1 inch deep, perforated bottom. Roll the paste larger than the plate. Put over bottom of plate; trim, prick all over, including sides; prick quite close. Bake. Remove from pan at once.

## MINCE PIE.

1 C. chopped meat	$\frac{1}{8}$ lb. citron
3 C. chopped apple	$\frac{1}{4}$ C. grape jelly
$1\frac{1}{2}$ C. brown sugar	$1\frac{1}{2}$ C. raisins
1 lemon (grated rind and juice)	1 C. meat liquor
$\frac{1}{4}$ t. clove	$1\frac{1}{2}$ t. cinnamon
1 T. candied orange peel	$\frac{1}{4}$ C. sweet pickle liquor
1-3 C. molasses	1 orange, (juice and rind)
1 C. currants	remove white part
2 T. salt	1 C. chopped suet
$\frac{1}{4}$ t. mace	

Cook meat until tender, chop fine; add other ingredients. Simmer mince meat, covered, three hours. Fruit juice or cold coffee may be used for more moistening. Add few raisins when making pie.

## CHEESE PIE.

$1\frac{1}{2}$ C. cheese or cottage cheese	3 T. flour
6 T. milk	1-3 C. sugar
$\frac{1}{2}$ C. currants and citron	1 T. melted butter
Grated rind and juice of 1 lemon	2 eggs

Grate cheese, add sugar mixed with flour, melted butter, rind and juice of lemon, eggs beaten slightly, milk, and fruit cut in small pieces. Fill a tin lined with pastry and bake until centre is firm. Pastry: 1 C. flour, 4 T. lard,  $\frac{1}{2}$  t. salt, water.

## GRAPE PIE.

4 C. grapes	1 T. flour
1 C. sugar	1 t. butter

Remove skins, boil pulp and rub through sieve. Put pulp and sugar with skins and cook till skins are tender. Use when cold.

## CURRANT PIE.

1 C. currants	1 T. cornstarch
1 C. sugar	2 T. water
1 egg	

Cook currants in water and sugar. Use when cold. Beat egg slightly.

## CREAM PIE.

1 C. milk	2 eggs
$\frac{1}{2}$ C. cream	f. g. salt
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ t. vanilla
5 T. flour	

Mix sugar and flour; add to hot milk in double boiler slowly, stirring constantly. Beat yolks, add, flavor when cold. Use whites for meringue. Crust: 1 C. flour, 4 T. butter, little water, bake separately.

## CHOCOLATE CUSTARD PIE.

Bake crust first and cool.	1 sq. Baker's chocolate
2 C. milk	3 eggs
$\frac{3}{4}$ C. sugar	$\frac{1}{2}$ t. vanilla
2 T. cornstarch	1 T. confectioner's sugar

Make custard. Cool. Use whites for meringue. Sprinkle with confectioner's sugar, brown.

## CUSTARD PIE.

4 eggs	Crust
2-3 C. sugar	5-8 C. pastry flour
$2\frac{1}{2}$ C. milk	$\frac{1}{4}$ t. baking powder
1-16 t. grated nutmeg	$2\frac{1}{2}$ T. lard
	1-16 t. salt

(Medium sized plate).

## CREAM PIE.

1-3 C. butter	$\frac{1}{2}$ C. milk
1 C. sugar	$1\frac{1}{2}$ C. flour
2 eggs	$2\frac{1}{2}$ t. baking powder

Directions: Cream butter, add sugar, egg well beaten, milk and flour mixed and sifted with baking powder. Bake in round tins. Put cream filling between layers.

## CREAM FILLING.

$\frac{3}{4}$ C. milk (scalded)	$\frac{1}{2}$ C. sugar
2 T. cornstarch	1 egg yolk
1 t. vanilla	

Mix cornstarch with sugar, add egg yolk, mix thoroughly. Pour over scalded milk. Cook until spoon is coated and thick.

## MOCK CHERRY PIE.

1 C. cranberries	1 C. raisins
1 C. sugar	1 C. hot water
2 T. cornstarch	



Cut cranberries in two, take out seeds. Cut raisins fine. Add cornstarch to sugar. Cook altogether until thick. Cool, then add to pie. Put mixture in tin lined with pastry, put on top crust or small strips put lengthwise and crosswise. Bake until crust is brown.

## PIE CRUST.

1½ C. flour	4 T. lard
½ t. salt	Cold water, ¼ C. or
1-16 t. baking powder	enough to moisten

## RHUBARB PIE.

2 cups rhubarb	1 cup sugar
1 egg	2 T. flour

Skin and cut rhubarb in ½ inch pieces before measuring. Mix sugar, flour and egg; add to rhubarb and bake between crusts.

## LEMON PIE.

1¼ cups sugar	2 egg yolks
6 T. cornstarch	1½ cups boiling water
Grated rind of ½ lemon (for large sized plate)	2 t. butter
	6 T. lemon juice

## APRICOT PIE.

Line a pie-plate with pastry, fill with stewed apricots, allowing 1 cup sugar to 2 cups apricot. Bake with two crusts.

## LEMON PIE.

Line a plate with pastry. Fill with lemon mixture.

## FILLING.

Juice and rind of one lemon	1 C. sugar
1 C. milk	2 T. flour
¼ t. salt	¼ t. salt
3 egg yolks	

Mix flour with sugar, beat eggs slightly, add sugar, beat well, add lemon juice, milk and salt. Bake until centre is firm as a custard, cover with meringue.

## SQUASH PIE.

2 C. sifted squash	2½ C. milk
2 eggs (beaten)	1 C. sugar
1 t. salt	1 t. cinnamon
¼ t. ginger	

Fill plate lined with pastry. Bake until centre is firm or as baked custard.

## WASHINGTON PIE.

1 C. sugar	$\frac{1}{2}$ C. milk
1-3 C. butter	$1\frac{1}{2}$ C. flour
2 eggs	$2\frac{1}{2}$ t. baking powder

Make as 1 egg cake. Bake in 2 layers. Serve with jelly between layers, powdered sugar on top, or use cream filling between layers.

## FRENCH APPLE PIE.

Sliced apples to fill pie tin	2 egg yolks
$\frac{1}{2}$ C. to 1 C. sugar	$\frac{1}{2}$ C. sugar
$\frac{1}{4}$ t. nutmeg	1 T. butter
2 egg whites	1 C. flour
$\frac{1}{4}$ C. confectioner's sugar	$\frac{1}{4}$ C. milk
1 t. baking powder	

Butter a pie tin and fill with sliced apples. Add sugar, sprinkle over nutmeg. Cream butter, add sugar, beaten egg yolks, add flour and baking powder, sifted together, alternately with milk. Pour over apples, bake till they are soft. Turn into a plate with apples on top, cover with meringue made of 2 egg whites. Brown in oven.

## CREAM PASTRY PIE.

1 C. milk	$\frac{1}{2}$ C. sugar
$\frac{1}{2}$ C. cream	4 T. flour
$\frac{1}{8}$ t. salt	2 egg yolks
$\frac{1}{2}$ t. vanilla	

Scald milk, mix flour, salt, sugar, together. Beat egg yolks slightly, add to flour and sugar, pour scalded milk over egg mixture, cook until very thick. Flavor to taste. Cool, then fill plate lined with pastry that has been previously baked. Cover with meringue.

## MERINGUE.

Whites of 2 eggs beaten stiff	Cover pie, bake in slow oven
2 T. powdered sugar	8 minutes

# Meats

## DISSECTION OF A BEEF CREATURE.

(Demonstration at the Worcester Market.)

### *Hind quarter*

The hind quarter is cut in the following order:

- 1st—flank
- 2nd—loin
- 3rd—rump
- 4th—round

The *flank* is a long, comparatively thin, layer of meat and fat. It is used for corned beef, pot roast and stew.

From the *rump* are obtained the short rump steak, the fillet, and the face of rump for boiling. The fillet corresponds to the tenderloin piece in the sirloin cut.

### *Whole Round of Beef*

The hock, or shank, is used for soup. In the round steak the upper or top round is tender; and the bottom round is tough. The aitch bone is used for stews, corned beef, and pot roast.

### *Loin*

The kidneys are used for stews. They are found imbedded in a large thick mass of suet, and are also covered with a thick layer of suet. Suet is a form of fat which is much harder and firmer than the usual fat. Butterine is made out of suet. It is also used for suet puddings.

The tenderloin is the best part of the creature for steak; the sirloin steak is next in quality. Porter-house steak includes both tenderloin and sirloin.

The skirt is not a very good piece, and is generally used for making Hamburg steak.

Of the thirteen ribs in the creature, five are left on the loin cut.

### *A loin roast*

Many people prefer to buy a roast of beef without the centre bone, so it is often prepared for market with that bone removed.

The sides are skewered together, inserting skewers every four or five inches all along, so as to hold it firmly together. Then it is tied round with string at even intervals.

This makes a nice round roast, and as it is in one long roll, it is

much easier for the market man to measure off any desired quantity and to cut without the trouble of interfering bones.

*The Beginning of the Fore-Quarter*

(Or the back of the fore-quarter). Of the thirteen ribs in the creature eight are left on the fore-quarter cut.

The first five cuts are cut for rib-roast; the last two are chuck rib cuts for roasting and steaks. All the cuts have only one rib each excepting the first one; this has two ribs and is also the best cut off the creature's back.

The shoulder blade is used as a boiling piece.

The neck is used for stew and for mince-meat.

Beginning with the first rib roast cut, the meat becomes poorer and cheaper as it goes towards the neck; the bones are harder and thicker, too, as they go towards the neck.

*The Plate or Rattle*

(The other part of fore-quarter).

This is the part of the fore-quarter which lies below or underneath the back.

The shin is the same as the hock, excepting that it is the front leg, while the hock is the hind leg. The shin is good for soups.

The sticker or sticking piece makes nice corned beef.

In fact, all the parts of the rattle are used for corning, as it is a cheaper grade of meat.

There are two parts to the brisket: The navel-end and the butt-end. The long bone, or rather series of short bones, running through the whole brisket should be removed and thrown away. It is not even good for soups.

CUTS OF BEEF.

Tip of sirloin for roasts and steaks.

Middle of sirloin for roasts and steaks.

First cut of sirloin for roasts and steaks.

Back of rump for roasts and steaks.

Middle of rump for roasts and steaks.

Face of rump for roasts and steaks.

Aitch bone for roasts, stews and soup.

Lower part of round for stews and pies.

Top part of round for roasts and steaks.

Vein piece of round for roasts and steaks.

Poor part of round for stews, beef tea.

Poor part of vein for stews, beef tea.

Shank for soup.

Boneless flank for corning.

Flank with bones for corning.

First cut of ribs for roast and steaks.

Chuck rib for roasting and steaks.

Neck for stews and soups.

Rattleran for corning and stews.

Second cut rattleran for corning.

Brisket for corning. (a) Navel end. (b) Butt end.

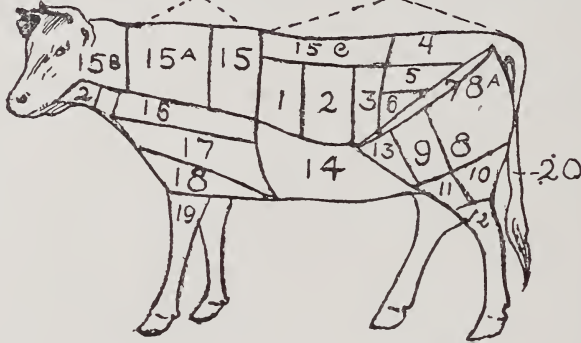
Shin for beef tea and soup.

Tail for soups.

Sticking piece.

## BEEF

FORE QUARTER      HIND QUARTER



### CUTS.

1. Tip of sirloin.
2. Middle of sirloin.
3. First cut of sirloin.
4. Back of rump.
5. Middle of rump.
6. Face of rump.
7. Aitch bone.
8. Lower part of round.
- 8a. Top of round.
9. Vein piece of round.
10. Poor part of round.
11. Poor part of vein piece.
12. Shank.
13. Boneless flank.
14. Flank with bones.
- 15c. First cut of ribs.
- 15a. Chuck rib.
- 15b. Neck.
16. Rattle-ran.
17. Second cut rattle-ran.
18. Brisket.
19. Shin.
20. Tail.
21. Sticking piece.

### *How Cooked.*

Roasts and steaks.
" " "
" " "
" " "
" " "
" " "
Cheap roasts, stews, soup
Stew, meat pies
Roast and steak
Roast and steak
Stew, beef-tea
Stew, beef-tea
Soup or cheap stew
Corned beef
Corned beef
Roasting and steaks
Roasting and steaks
Stews, soups, Hamburg steak
Corning—stews
Corning
Finest for corning
Beef-tea—soup
Soup
Minced meat

Other parts used for food

Brains	Stewed, scalloped, croquettes
Tongue	Boiled or braised, fresh or corned
Heart	Stuffed and braised
Liver	Broiled or fried
Kidneys	Stewed or sauted
Tail	Soup
Suet	Used as shortening—kidney suet best
Tripe	Broiled or fried in batter

## TIME-TABLE FOR ROASTING.

Beef—12 to 15 min. to lb.

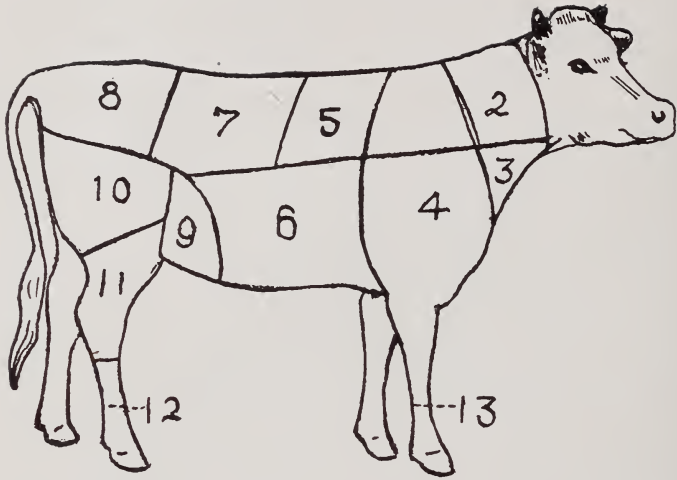
Mutton—15 min. to lb.

Lamb—15 min. to lb.

Veal—20 min. to lb.

Venison—15 min. to lb.

## VEAL



### CUTS.

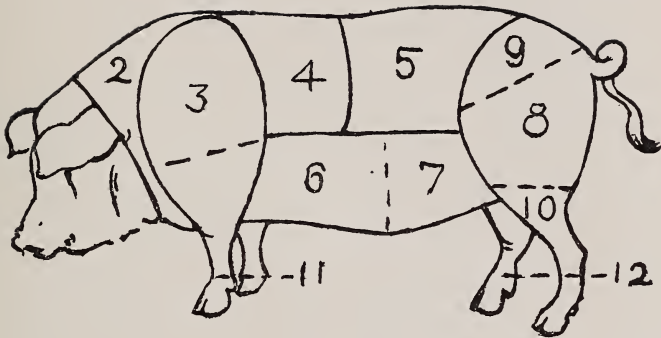
1. Head.
2. Neck.
3. Sticking piece.
4. Shoulder.
5. Rack.
6. Breast.
7. Loin (Best end.)
8. Loin (Bone end.)
9. Flank.
10. Fillet and cutlets.
11. Knuckle.
- 12 and 13. Feet.

### *How Cooked.*

- Soups and entrees  
 Stews—stock pies  
 Stews  
 Roasted, baked, braised  
 Braised  
 Roasted or baked  
 Roasted—chops  
 Roasted—chops  
 Rolled roast or boiled  
 Fillet, roasted cutlets,  
 fried or baked  
 Stews—stock pies  
 Calves' foot jelly,  
 gelatine



## PORK



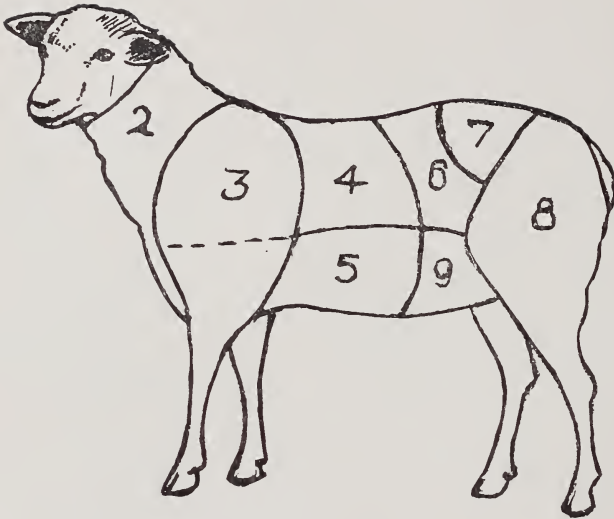
### CUTS.

1. Head.
2. Neck.
3. Shoulder.
4. Loin (Rib end.)
5. Loin (Bone end.)
6. Breast.
7. Flank.
8. Ham.
9. Ham (Butt end.) }  
10. Ham (Hock end.) }
11. Feet.
12. Feet.

### *How Cooked.*

- Souse or head cheese
- Salted and pickled
- Cured or sold fresh for pork  
steak, smoked
- Roasts or chops
- Roasts or chops
- Salted or pickled—made into  
sausages
- Used for sausages
- Smoked or sold fresh for pork  
steak
- Fried or baked
- Pickled
- Pickled

## MUTTON



### CUTS.

1. Head.
2. Neck.
3. Shoulder.
4. Rack.
5. Breast.
6. Loin (Best end.)
7. Loin (Bone end.)
8. Leg.
9. Flank.

Heart, liver, kidneys are used  
as those of calf. Less in  
price.

### *How Cooked.*

Soups—stews  
Cheapest for stew, broths,  
casserole cooking  
Baking or roasting  
Baking or roasting,  
French chops  
Cheap stews  
Loin chops  
Baked  
Boiled, baked or roasted  
Braised, baked

## SHORT TALK ON MEATS.

**BEEF TONGUE**—should be nice and red if fresh. It should also bear the government stamp, which shows that it has been properly inspected.

A beef tongue, in healthy condition, has a portion of its surface covered with papillae; this is a rough surface made up of tactile corpuscles or nerve-endings, and extends 1-3 of the length of the whole tongue. The root of the tongue is very thick and is bulb-like in form.

The average weight of a beef tongue is four to five pounds.

Most beef tongues on the market have been cured in saltpeter. It is not easy to get a fresh one (i. e. from a freshly killed creature), but it is better and less expensive to do so if possible.

Also try to get a tongue which has not been cooked. The cooked tongues are sold in delicatessen shops, and of course are more expensive.

Wash the tongue with a brush, using cold water; NEVER allow it to soak.

NEVER prick it in cooking. Cook the tongue until tender, i. e. when the outer skin begins to peel. Always skin the tongue when HOT.

Boil it rapidly the first 15 minutes in boiling water, then boil it slowly for 4 or 5 hours.

The price of beef tongue ranges from 15c to 24c a lb.

In class we prepared it as a jellied tongue, i. e. set in aspic jelly.

**BONES FOR ASPIC JELLY, etc.:** Chicken bones or veal bones are used to make aspic jelly; anything that will make a good, solid, white stock may be used.

One must get good, clean, healthy, fresh bones, which have been cut or sawed so as to expose the marrow. This latter is very important, as it is quite essential that one should get the gelatinous properties contained in the marrow.

Wash the bones with a brush and COLD water.

Put the bones in a kettle with cold water to which a teaspoonful of salt has been added. Simmer (180° Fahrenheit) for 4 to 5, or 6 to 7 hours. Keep bones covered with water, and also keep the kettle covered.

Clarify, strain, etc.

This will also make good stock for soups, as lettuce soup and other white soups.

5 lbs. of veal bones were used in class for aspic jelly. Veal bones are about 9c a lb.

**CHINE ROAST OF PORK:** This corresponds to the sirloin of beef. The quality is tested as follows: If the meat is of fine grain

and does not resist to the touch of the finger, it is in perfectly good condition. Some pork is too hard and firm; hence it resists the touch of the finger and by this test is discovered to be poor meat.

The butcher should always separate or cut the vertebrae apart for you with a hatchet. Always insist upon this, or you will experience great difficulty in carving the meat.

Never salt a roast before cooking.

Wash it with a brush, but do not let it soak.

Place it on a trivet in a dripping pan, baste it, etc.

A roast of  $4\frac{7}{8}$  lbs. was used in class, and it cost 14c a lb.

Salt as soon as done while hot.

**Sausages:** There is a government inspector as well as a city inspector for all meats; so sausages are thoroughly inspected. The Deerfoot brand is considered the best and is fresh and pure. Price, 25c a lb. The outer covering of sausages is made from the intestinal tubes of the creature. These have to be thoroughly cleaned and inspected before the meat is put into them. The meat is also inspected. The meat is blown or forced into the tube. Sausages are sometimes made at home of chopped pork highly seasoned, and instead of putting them in the skin-like tubes, they are wrapped in cheese cloth.

**Cooked Ham:** Costs 30c a lb. It is best if cut from the chine, for in that cut there are no sinews running through the meat. It is clearer meat, though, of course, it has some fat. Ham from a smoked shoulder is not as good.

**Beef Suet:** Is a kind of fat of a yellow color; it is very hard and firm and is stearic fat, containing stearic acid. It has a thin connective tissue or membrane running all through it. Never remove this tissue unless it is very coarse, as, for instance, the outside covering. Suet costs from 4c to 8c a lb. It is used for mince meat, steamed puddings, etc.

**Bacon:** The Deerfoot product is the best. Bacon should have a bit of streak of lean in it, and should have a delicate, "fatty, smoked odor" when fresh. Bacon costs about 14c to 25c per lb.

**Pigs' Liver:** It is an old-fashioned and erroneous idea that pigs' liver is not good eating. It really has a better flavor than other liver. It is farther away from the wild.

Beef liver is coarser than pigs' liver. When purchasing liver of any kind, it is best to get an inside cut, so as to get less of the skin or connective tissue.

Liver should not look purple; it should be a reddish brown if fresh, but not too brown.

First, plunge it in boiling water and let it soak 15 minutes. Skin if necessary. Then roll in flour and fry in hot butter or bacon-fat and keep the frying pan covered throughout the cooking, except, of course, when turning the liver.

Lamb Chops: Range in price from 11c to 38c a lb. The older mutton is 9c and 10c a lb. Both lamb and mutton chops should be bright red, if fresh.

The excessive fat on the outside of these chops should be removed, because it is "woolly" and not good eating.

Small chops are nice and tender. If one removes the bone from the small, thin chops, they will be found nice to roll and skewer into a circular shape. They are good prepared in crumbs, i. e. dipped in egg and crumbs as for croquettes and fried in deep hot fat about 5 to 8 minutes.

### BROILED MEATS.

#### BEEKSTEAK.

Time—1-inch thick, 8 minutes; 1½ inches thick, 10 minutes.

Trim a steak, removing superfluous fat. Make the surface flat by striking with the broad blade of knife. Heat the broiler very hot, rub with a piece of the fat. Place the steak on the broiler with the fat edge toward the handle. Broil over a clear coal fire or under a gas flame, turning every ten counts until perfectly seared. Then turn occasionally until done. Serve on a hot platter, season with butter, pepper and salt.

Sauces served with broiled steak—Maitre d'Hotel Butter, Mushroom, Tomato.

#### MUTTON AND LAMB CHOPS.

Trim the chops into the English, French, or boned, and rolled forms, and broil, following the directions for steak.

Green peas, string beans or any small vegetable may be served on the same dish, placed in the center of the circle or around the chops. Mashed potato or spinach may be pressed into form or a circle and the chops rested against it, the bones pointing up or slanting. Place paper frills on the ends of the bones to improve their appearance.

#### ROAST BEEF.

Time—Rib roast, rare, 8-10 minutes per pound.

Rib roast, well done, 18-20 minutes per pound.

Rolled roast, rare, 10-12 minutes per pound.

Rolled roast, well done, 20-22 minutes per pound.

Wipe the beef with a cloth wrung out in cold water, and place on a rack in a dripping pan. Dredge with flour and place in a hot oven, that the surface may be quickly seared, about 15 minutes, then reduce the heat and bake slowly until done, basting every ten minutes. The salt and pepper can be added to the basting in preference to rub-

bing it over the meat before dredging with flour. If there is danger of burning the flour add a little water. Serve a rib roast standing on the ribs and cut the slice in line with the rib. Serve a rolled roast with the cut side up, and cut in slices horizontally.

#### LARDED FILLET OF BEEF.

Time—20-30 minutes in a hot oven. The tenderloin of beef is the fillet, and is taken from the under side of the sirloin cut. Wipe, remove fat and veins and any sinewy portions. Skewer into good shape and lard according to directions for lardoons. Place on a rack, sprinkle with salt and pepper, dredge with flour, place pieces of pork in bottom of pan. Bake in a hot oven thirty minutes, basting frequently. Make a sauce of the gravy, using 2 T. butter, 2 T. flour and a cup of gravy or stock; add a cup of drained mushrooms. Serve the sauce around the fillet with the mushrooms top side up, or serve sauce separately. In carving, cut the fillet diagonally instead of straight across.

#### ROLLED FLANK OF BEEF.

2-4 lbs. flank	1 ssp. each thyme, marjoram
1 cup of fine crumbs or granulated wheat shred	sage
2 T. chopped salt pork	½ tsp. onion juice
½ tsp. salt	1 egg
½ ssp. pepper	Hot water

Wipe flank and remove skin, membrane and extra fat. Pound and trim until of uniform thickness, making a stuffing of the remaining ingredients, moistening with hot water until moist enough to spread over the meat. Roll and tie or skewer securely. Brown the entire surface by placing it in a hot frying pan with a little salt pork. Place on a trivet in a deep granite pan and surround with vegetables (¼ cup each of carrot, turnip, onion and celery); add boiling water to reach nearly to the top of trivet. Cover closely, and bake in a slow oven four hours, basting every half hour; or cook on top of the stove, keeping the water simmering. Serve with horseradish or brown sauce.

#### BOILED LEG OF MUTTON.

Time—15 minutes to the pound.

Wipe meat, place in a kettle and cover with boiling water. Bring quickly to the boiling point, boil five minutes and skim. Set on the back of range and simmer until tender. When half done add one tablespoonful of salt. Thirty minutes before removing the meat add some soup vegetables, to give flavor and enrich the stock. Cut the carrot and turnip in half-inch thick slices and stamp with a fluted

cutter so the rims will be scalloped. Place the meat in a hot dish and rub lightly over it enough of the white sauce (to be used for the caper sauce) to make the surface white and smooth. Sprinkle with chopped parsley or capers. Take the sliced vegetables, cut a hole in the centre and string them alternately on the bone which will protrude at each end. This will give the effect of skewers; conceal the bone and make the dish more presentable.

### CROWN ROAST OF MUTTON.

Have the butcher cut a full loin, split the bone between the chops, trim the rib bones as for French chops and chop them off to a uniform length, then roll the loin backward into a circle, and tie securely. Cover the bones with heavy paper so they will not burn while cooking. Baste frequently while roasting and allow nine minutes to the pound. Serve with Saratoga or other fancy fried pota-

atoes in the basket-like top formed by the bones. Place a frill of paper on each bone.

### BRAISED BEEF.

*Cuts—Lower round, face of rump, shin if meaty.*

3 to 5 lbs. beef	¼ t. pepper
2 thin slices salt pork	1 T. flour
½ t. peppercorns	¼ C. each, diced carrot,
3 C. hot H <sub>2</sub> O	turnip, onion, celery
¼ t. salt	

*Directions*—Try out pork, remove scraps, wipe meat, sprinkle with salt and pepper; dredge with flour. Brown all sides in hot fat of pork. *Do not pierce.* Place on trivet in deep granite pan. Add vegetables and hot H<sub>2</sub>O. Cover and bake slowly 4 hours. Baste every half hour. Turn after 2d hour. Keep the liquid *below* the boiling point at all times. Serve with horseradish sauce or sauce made from liquor in braising pan.

### VEAL LOAF.

3 lbs. of veal	1 tsp. salt
½ lb. ham or	½ tsp. pepper
¼ lb. salt pork	1 tsp. onion juice
2 eggs	1 tsp. ground mace
1 cup fine bread or shredded wheat crumbs	1 tsp. alspice

Chop the veal and ham very fine, or put through a meat chopper; mix into it the other ingredients, and mould into a loaf; baste it with beaten egg and sprinkle it with crumbs.

Bake in a moderate oven two hours, basting it several times with melted butter and water.    Serve cold.

### CASSEROLE OF RICE AND MEAT.

Line a mould, slightly buttered, with steamed rice.    Fill the centre with two cups of cold, chopped, fine cooked mutton seasoned highly with salt, pepper, cayenne, celery salt, onion juice and lemon juice, then add one-fourth cup cracker crumbs, one egg slightly beaten and enough hot stock or water to moisten.    Cover meat with rice, cover rice with buttered paper to keep out moisture while steaming, and steam 45 minutes.    Serve on a platter surrounded with tomato sauce.    Veal or chicken may be used instead of mutton.

### SAUCES.

For proportions see list of White Sauces.    No. 2 or 3 answers for most meat and fish sauces.

The liquid may be milk, cream, water, white broth, soup stock or vegetable extract.

Method of mixing as in white sauce.    Herbs, spices, onions, etc., are usually heated in the liquid and strained out before thickening process.    Mushrooms, capers, etc., and sometimes chopped herbs are served in the sauce.

### SEASONINGS.

Herbs:    Thyme, sweet marjoram, summer savory, parsley.

Spices:    Pepper, cayenne, paprika, cloves, nutmeg, bay-leaf.

Acid flavors:    Lemon, vinegar.

### FRIED TRIPE.

Put tripe into boiling water, let stand 15 min.    Drain and dry, crumb, egg and crumb, fry in deep fat.

### LIVER ROLLS.

1 lb. liver

1 T. flour

1 onion, small,

1 sprig parsley

$\frac{1}{4}$  lb. bacon

1-3 t. salt.

Cut liver in thin slices, cover with boiling water, let stand 15 min.    Remove tough skin and wipe dry.    Put one piece bacon on each slice liver, roll up, fasten with tooth-pick, dredge with flour.    Put remainder of bacon in frying pan and fry out all fat.    Brown rolls in this.    Place rolls in stew pan.    Mix flour with fat in pan, add 2 cups water, add salt, onion and parsley.    Pour over roll.    Cover and simmer one hour.



## BLANQUETTE OF LAMB.

Cut cooked lamb into cubes. Make a white sauce of:

1 cup milk	$\frac{1}{4}$ t. salt
4 T. flour	4 T. butter
1-16 t. mace	$\frac{1}{8}$ t. pepper

1 cup stock

1 T. Mushroom catsup or other suitable table sauce.

Sprinkle parsley on top.

## PLANK STEAK.

Wash  $\frac{1}{2}$  cup butter, drain and dry. Add 1 T. green pepper, 1 T. parsley,  $\frac{1}{4}$  T. onion, 1 t. lemon juice. Spread 1-3 of mixture in centre of plank. Arrange border of duchess potatoes close to edge of plank. Pan broil porterhouse steak, cut  $1\frac{1}{2}$  inch thick, 4 min. Remove to plank, spread with remaining butter and bake to finish rest of cooking. Garnish with mushrooms, sauted in butter. Stuffed tomatoes, green peas, stuffed peppers are also used for garnish.

## DUCHESS POTATOES.

2 cups hot riced potatoes	$\frac{1}{8}$ t. pepper
1 egg	2 T. butter
$\frac{1}{2}$ t. salt	

## SAVORY DISH.

Use left-over meat of any kind. Make white sauce, using 1 cup milk, 3 T. flour, 2 T. butter,  $\frac{1}{4}$  t. salt,  $\frac{1}{8}$  t. pepper, 1-16 t. paprika. Add at end,  $\frac{1}{2}$  green pepper, pounding to a paste, with 1 t. parsley,  $\frac{1}{4}$  t. onion. Use 1 cup white sauce to 2 cups meat. Add sauce to chopped meat. Shape into cutlets. Crumb, egg and crumb. Fry in deep fat. Garnish with parsley.

## COTTAGE PIE.

Butter a baking dish, cover with layer of mashed potato, add thick layer of meat cut in small pieces, moisten with gravy, cover with thin layer of potato. Bake in hot oven to brown potato.

## VEAL AND MACARONI.

1 lb. veal	macaroni
$\frac{1}{4}$ cup bread crumbs	$\frac{1}{2}$ t. salt
2 eggs	$\frac{1}{8}$ t. pepper
$\frac{1}{4}$ cup minced ham	1-16 t. paprika
2 t. lemon peel, grated	

Chop veal fine, mix with ground bread crumbs, ham, seasonings, lemon peel. Moisten with stock; add eggs well beaten. Line buttered mould with cooked macaroni. Mix a little with the meat. Fill mould, pressing tightly; cover and steam 40 min. Turn out on plate and serve with white sauce.

#### ROAST PIG.

Select pig 3 to 5 weeks old. Clean well. Stuff with mashed potatoes or stale bread, seasoned with sage, salt, pepper, onion and celery. If bread is used, moisten with warm water, melted butter and one egg. Stuff and sew.

Skewer fore legs forward and hind legs backward. Rub over with butter. Place in dripping pan; add a little water. Moderate oven. Bake 2 or 4 hours.

Arrange in bed of parsley and celery leaves, tuft of cauliflower in mouth, garland of parsley, or cranberries around neck.

#### BEEF STEW.

Aitchbone, 5 lbs.	Carrot cut in cubes
Turnip 2-3 cup	4 cups potatoes
½ onion sliced	

Cut meat into small cubes. Fry out fat and brown in it sliced onion, add meat, and brown. Rinse frying pan; add liquor to meat. Cover closely, boil 5 min.; simmer till tender. After one hour skim off fat; add carrot and turnip. Parboil potatoes and add to stew when nearly done. Save bones and put in pan with cold water. This liquor may be thickened with ¼ cup flour.

#### DUMPLINGS.

Mix 2 cups flour, 4 t. baking powder, ½ t. salt, ¾ cup milk, if dough is cut, or 1 cup milk, if dropped from spoon. Cook closely-covered 15 min. Serve around stew on hot platter.

#### HAM TIMBALES.

1 T. butter	2 cups cooked ham
1 T. flour	chopped fine
½ cup milk	2 egg whites
2 egg yolks	

Make white sauce of butter, flour and milk. Add ham. Mix well. Add yolks well beaten, mix, fold in egg whites beaten stiff. Fill six custard cups 2-3 full. Place in pan of hot water. Bake 20 minutes. Serve with cream sauce.

## CREAM SAUCE.

1 T. butter	1 cup milk
1 T. flour	½ cup cream
¼ t. salt	⅛ t. pepper

## SALT PORK, COUNTRY STYLE.

Select clear, fat pork, cut in 1-3 inch slices. Cover these with boiling water. Drain. Wipe with cloth. Dip one at a time in flour, put at once into hot frying pan, let cook slowly until well browned, then turn; brown on other side; drain on soft paper. Drain off most of water, add Lyonnaise potatoes and brown. Serve hot.

Apples may be sliced, cored and fried in fat in place of potatoes.

## PIGEON PIE.

Clean and truss 6 pigeons or squabs. Put in a kettle and nearly cover with boiling water. Add ½ t. of pepper corns, 1 onion stuck with 6 cloves, 8 slices carrot, 2 sprigs parsley, 2 stalks celery.

Cook slowly till tender. Remove squabs, strain liquor and thicken with butter and flour cooked. Remove meat from birds. Cover with thickened sauce. Put in buttered baking dish. Cover with tea biscuit batter. Bake 30 min. in hot oven.

## MOULDED CHICKEN OR VEAL.

1 cup chopped meat	1½ T. butter
½ T. salt	¾ cup milk
1½ T. sugar	¼ cup vinegar
1½ T. flour	¾ T. gelatine
1 t. mustard	¼ cup water
2 egg yolks	

Mix dry ingredients, add egg yolks, butter, milk and vinegar. Cook till mixture thickens, stirring constantly until mixture thickens. Add dissolved gelatine. Strain, add to meat. Fill individual moulds, chill; serve on lettuce leaves.

## TRIPE RAGOUT.

1 lb. tripe	1 C. celery cubes
½ onion	(½ inch)
1 T. beef fat	1 C. strained tomatoes
½ t. salt	dash cayenne

Cut tripe in ½ inch strips. Slice onion and cook in beef fat. Add to tripe and cook 15 min. Add tomatoes, celery and seasonings, cover and simmer ½ hour. Serve with French potato balls.

**BREADED VEAL.**

Put cutlets in frying pan, cover with boiling water, add 2 bay leaves, 3 pepper-corns, slice onion. Cook, covered, 1 hour. Drain, cool. Crumb, egg and crumb. Fry in deep fat.

**BOILED HAM.**

Soak ham over night in cold water. Cook in boiling water until tender. Remove thick skin, sprinkle with bread crumbs and put in oven long enough to brown crumbs.

Cloves may be put in ham and baked 20 min.

**BROILED FRENCH LAMB CHOPS.**

Ribs of lamb which have the bone scraped clean to bone are called French chops.

Wipe chops with damp cloth, oil broiler, place on chops. Broil 8 min.

**FILIPINO BEEF.**

2 lb. beef	3 T. melted butter
2 slices salt pork	1 green pepper
2 slices onion	$\frac{1}{2}$ C. bread crumbs
$\frac{1}{2}$ t. salt	1 egg
$\frac{1}{8}$ t. pepper	

Put beef through meat chopper, together with pork, onion, green pepper. Add bread crumbs, egg, butter and seasonings. Shape into long roll, cover with bread crumbs. Put in pan, surround with  $\frac{1}{4}$  inch water. Bake  $1\frac{1}{2}$  hours, or until meat is done. Serve with tomato sauce.

**MEAT LOAF.**

2 lbs. beef	1 t. onion juice
$\frac{1}{2}$ C. chopped suet	1 t. salt
2 sprigs parsley	$\frac{1}{4}$ t. pepper
1 beaten egg	Crumbs

Grind meat, chop suet, mince parsley. Mix ingredients in order given, omitting crumbs. Shape in roll. Dredge with flour or roll in bread crumbs. Place in hot oven to sear over them, reduce heat, bake 30 to 35 min., serve with brown gravy or tomato sauce.

**CANNELON OF BEEF AND MACARONI.**

2 lbs. beef—from round	$\frac{1}{2}$ t. onion juice
1 T. chopped parsley	$\frac{1}{8}$ t. mace
1 t. salt	1 egg beaten
$\frac{1}{4}$ t. pepper	1-3 C. bread crumbs

Grind meat several times to get it fine. Add other ingredients, soak bread crumbs in cold water 15 min., drain and add. Mix thoroughly and shape in roll. Bake 30 min., or until done. Cook macaroni in boiling salted water. Serve around meat, add brown gravy made from drippings in pan, or a tomato sauce may be used.

#### VEAL AND TOMATO.

Wipe veal, cut in small  $2\frac{1}{2}$  inch pieces. Saute in fat. Make tomato sauce and add to veal sauted. Let simmer 2 or 3 hours till very tender or cook in oven in covered pan.

#### POT ROAST.

$\frac{1}{4}$ C. suet	6 pepper corns
1 small onion cut in cubes	1 C. hot water
1 small carrot cut in cubes	3 lbs. beef (neck, shoulder)
$\frac{1}{4}$ t. salt	6 cloves

Trim meat and remove bones. Sear with suet. Simmer 2 hours in hot water, vegetables, and seasoning. Roast 2 hours in kettle.

#### MEAT CUTLETS.

1 lb. cold ground meat	$\frac{1}{2}$ green or red pepper
1 t. salt	$\frac{1}{4}$ t. onion juice
$\frac{1}{4}$ t. pepper	$\frac{1}{4}$ C. to $\frac{1}{2}$ C. stock
1 t. minced parsley	

Mix ingredients in order given. Moisten with stock. Shape into cutlets. Cover them with buttered crumbs. Bake in hot oven till brown. After they have cooked 5 min. add a little stock to prevent burning.

#### LIVER AND BACON.

Wipe liver and bacon with damp cloth. Remove rind from bacon. Pour boiling water over liver, let stand 5 min. Remove tough skin and veins. Wipe with cloth, roll in flour. Heat frying pan, add bacon, cook until brown. Remove. Pour off excessive fat and put in pan. Put liver in frying pan and cook till tender.

#### ROAST BEEF.

Wipe meat with damp cloth. Sprinkle flour over meat, all sides. Put in dripping pan on a trivet, surround with  $\frac{1}{8}$  inch water. Allow 20 min. to a pound. Baste with liquid. Salt meat as soon as removed from oven.

#### BROWN GRAVY.

To 3 T. fat left in dripping pan add slowly 3 T. flour,  $\frac{1}{2}$  t. salt. Then add very slowly  $1\frac{1}{2}$  C. water or stock. Cook briskly 5 min.

## ROAST DUCK.

Dress, clean and truss duck as chicken. Put in dripping-pan on rack, dredge with flour and place two thin slices of salt pork on breast. Bake 20 to 30 min. Baste often. Domestic ducks require twice the time to roast as wild ducks. Quartered apples make good stuffing.

Serve acid sauce with ducks.

## DUCK STUFFING.

$\frac{3}{4}$ C. cracker crumbs	$\frac{1}{2}$ C. chopped peanuts
$\frac{1}{2}$ C. milk or water	$\frac{1}{4}$ t. onion juice
$\frac{1}{4}$ t. salt	$\frac{1}{8}$ t. pepper
2 T. butter	Mix in order given

## POTATO STUFFING.

2 C. hot mashed potatoes	$1\frac{1}{4}$ C. bread crumbs
$\frac{1}{4}$ C. chopped fat salt pork	4 T. melted butter
1 egg	1 T. salt
$\frac{1}{8}$ t. pepper	1 t. powdered sage

Mix in order given

## BREADED CHOPS.

Wipe mutton, veal or lamb chops with damp cloth. Roll in crumbs, egg and crumbs, fry in deep fat from 5 to 8 min. Drain on brown paper.

## MOULDED VEAL OR CHICKEN.

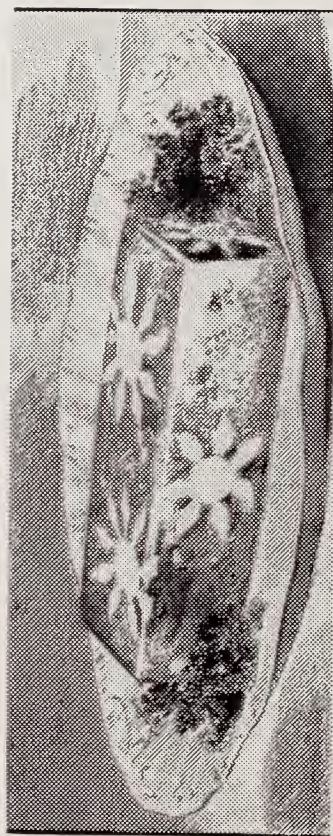
2 C. flaked meat	1 t. mustard
$\frac{1}{2}$ T. salt	f. g. cayenne
1 T. sugar	2 egg yolks
1 T. flour	$1\frac{1}{2}$ T. butter
$\frac{3}{4}$ C. milk	2 T. cold water
$\frac{1}{4}$ C. vinegar	1 T. gelatine

**DIRECTIONS:** Soak gelatine in cold water. Mix dry ingredients, add egg yolks, thoroughly, in double boiler top. Add butter, milk and vinegar and cook over hot water till thick. Add dissolved gelatine, stir in meat and pour into wet mould to set.

## PRESSED VEAL.

1 lb. lean veal	1 C. liquor obtained from cooking of the veal
$\frac{1}{2}$ t. salt	1 hard-cooked egg
$\frac{1}{8}$ t. pepper	
Chop veal fine, put layer of meat in pan, then layer of the egg	





JELLED VEAL.



sliced thin, layer of meat, pour over liquor, press and chill. Garnish with parsley.

#### JELLIED VEAL.

Stew a knuckle of veal, covered, until tender, adding the seasonings used for white stock. (See soups). When tender, remove the meat, allow to become cold and cut into  $\frac{1}{4}$  inch cubes. Prepare an aspic jelly (see boned-chicken) from white stock, pour  $\frac{1}{4}$  inch into mould and let get firm. Garnish with hard-cooked egg in daisy design, and set with a little liquid jelly. Have the remaining jelly cold, but not stiff; mix with the meat and fill the mould. When firm dip a moment in warm water. Turn out, garnish with lettuce and stuffed eggs or quarters of lemon and parsley.

## Meat and Fish Sauces

### BECHAMEL SAUCE.

A: White Sauce No. 2, using white stock alone or one-half each of milk and stock.

B: Onion, carrot, turnip, one slice each.

Fry B in butter before adding flour to A. For richer Bechamel add a little cream and chopped mushrooms.

### POULETTE SAUCE.

(For sweetbreads, chicken breasts and other entrees).

A: 1 pt. Bechamel sauce.

B: Yolks 4 eggs, 1 c. cream.

C: 1 T. butter, juice  $\frac{1}{2}$  lemon, 1 T. chopped parsley, dash of nutmeg.

Beat B together. Remove A from fire, add it slowly to B, stirring all the time. Put on fire a moment to thicken, but do not let it boil. Add C gradually, stirring constantly, and serve at once.

### MAITRE d'HOTEL SAUCE.

(Broiled fish, chops and steaks.)

A: 2 T. butter.

B:  $\frac{1}{2}$  tsp. salt,  $\frac{1}{2}$  tsp. pepper, 1 T. finely chopped parsley.

C: 1 T. lemon juice.

Cream A and B, then C slowly. Spread on meat and let heat of meat melt sauce.

### MINT SAUCE. (Spring Lamb.)

A: 1 bunch mint. B: 1 T. sugar. C:  $\frac{3}{4}$  c. vinegar.

Wash and chop A. Dissolve B in C and add A, and let stand 1 hour before serving it. If wanted hot heat B and C, and add A just before serving.

### CAPER SAUCE. (For Boiled Mutton.)

A: Drawn butter. (See following recipe.)

B: 3 T. capers, drained from liquor.

Add B to A.

### DRAWN BUTTER. (For Boiled or Baked Fish.)

A: 1-3 cup butter.

B: 2 T. flour,  $\frac{1}{8}$  tsp. pepper,  $\frac{1}{2}$  tsp. salt.

C:  $1\frac{1}{2}$  C. hot water.

Melt one-half A, add B, pour on gradually, boil five minutes, add remainder of A in small pieces.

#### CELERY SAUCE. (For Boiled Fowl.)

A: 1 c. white sauce No. 2.

B:  $\frac{1}{2}$  c. celery cut in small pieces.

Boil B in salted water until tender, then add to A, or 1 C. drawn butter sauce. ..

#### EGG SAUCE. (For Boiled Fish.)

A: 2c. White Sauce No. 2.

B: 3 hard boiled eggs cut in slices or small dice or chopped.

C: 1 tsp. chopped parsley.

Add B to A or to drawn butter sauce, then add C if desired.

#### BROWN SAUCE.

A: 3 T. butter,  $\frac{1}{2}$  slice onion.

B: 3 T. flour,  $\frac{1}{4}$  tsp. salt,  $\frac{1}{8}$  tsp. pepper.

C: 1 c. brown stock.

Brown A, remove onion, add B and brown, then add C gradually.

#### BROWN MUSHROOM SAUCE.

A: 1 cup Brown Sauce. B:  $\frac{1}{4}$  can mushrooms.

Drain, rinse and cut in quarters B and add to A.

#### PIQUANTE SAUCE.

A: 1 c. brown sauce.

B: 1 T. vinegar,  $\frac{1}{2}$  small shallot chopped fine, 1 T. each chopped capers and pickles, a few grains cayenne.

Add A to B.

#### TOMATO SAUCE. (For Meats, Croquettes and Entrees.)

A: 2 T. butter.

B: 1 slice carrot and onion, a bay-leaf, pepper, salt, 1 sprig parsley,  $\frac{1}{2}$  can tomatoes.

Melt  $\frac{1}{2}$  A, add B, cook slowly 15 minutes. Add remainder of A in small pieces.

#### SAUCE TARTARE. (For Fish and Cold Meats.)

A:  $\frac{1}{2}$  tsp. mustard, 1 tsp. powdered sugar,  $\frac{1}{2}$  tsp. salt, few grains cayenne.

B: Yolks 2 eggs.

D:  $\frac{1}{2}$  T. each capers, pickles, olives, parsley finely chopped,

shallop finely chopped,  $\frac{1}{4}$  tsp. powdered tarragon.

Mix A, add B, stir thoroughly. Add C, at first drop by drop, stirring with a Dover egg beater. As it thickens add  $1\frac{1}{2}$  T. vinegar, then add C more rapidly. Keep cold, and when ready to serve add D.

**SOUBISE SAUCE.** (For Mutton or Pork Chops.)

A: 2 c. sliced onions.    B: 1 c. White Sauce No. 2.

C:  $\frac{1}{2}$  c. cream, salt and pepper.

Cook A 5 minutes in boiling water; drain, cook again in boiling water until soft; drain, rub through a sieve. Add C to B and then add A.

**HOLLANDAISE SAUCE.** (For Boiled Fish, Asparagus, Cauliflower.)

A:  $\frac{1}{2}$  C. butter.

B: Yolks 2 eggs, 1 T. lemon juice.

C: 1-3 cup boiling water.

D:  $\frac{1}{4}$  tsp. salt, few grains cayenne.

Wash A in cold water, using a wooden spoon; divide in three pieces; put B in double boiler. Add 1-3 A, stir constantly until melted, then add second and third piece. Add C, cook one minute, remove from fire and add D.

**LOBSTER SAUCE.**

To Hollandaise Sauce add 1-3 cup lobster meat cut in small dice.

# Sauces

## DRAWN BUTTER.

Make as white sauce, using water or meat or fish broth for the liquid in place of milk, and adding an equal quantity of butter cut in bits just before serving.

To be served with baked or boiled fish.

## BECHAMEL SAUCE.

For liquid, use  $\frac{1}{2}$  milk and  $\frac{1}{2}$  highly-seasoned white stock, and proceed as for white sauce.

## BROWN SAUCE.

Melt and brown 2 T. butter, then brown in it 3 T. flour. Cool; add one cup brown stock. A little onion and carrot may be fried in butter before adding flour.

## CREAM SAUCE.

Thicken thin hot cream by adding flour blended with a little cold milk, and cook 20 min. in a double boiler. Season.

## ALLAMAND SAUCE.

Bechamel sauce and one egg yolk well beaten, and 1 t. lemon juice.

## ASPARAGUS SAUCE.

White sauce and cooked asparagus heads or pulps.

## CAPER SAUCE.

Drawn butter sauce and  $1\frac{1}{8}$  C. capers. Chopped parsley, olives, or cucumber pickles may be used in same way.

Serve with boiled mutton or white fish.

## CELERY SAUCE.

$\frac{1}{2}$  C. celery cut in dice and cooked till tender, added to one C. white sauce.

## CURRY SAUCE.

Use  $\frac{1}{2}$  t. curry, mixing it with the flour and butter of a white or brown sauce.

To be served with baked or boiled fowl.

## MAIZE SAUCE.

When ready to serve, stir into white sauce one C. popped corn. Serve with boiled fowl as a garnish around the bird, and put dry popped corn in the edge.

## LOBSTER, OYSTER OR SHRIMP SAUCE.

1 C. white sauce and  $\frac{1}{2}$  C. fish parboiled and cut in pieces. Hollandaise sauce is also used as a foundation.

## EGG SAUCE, 1.

Drawn-butter sauce and 1 or 2 hard-cooked eggs sliced or hopped. Serve with boiled fish.

## EGG SAUCE, 2.

Drawn-butter sauce and beaten yolks of 2 eggs and 1 t. lemon-juice.

## MUSHROOM SAUCE.

Either white or brown stock, add  $\frac{1}{2}$  can mushrooms, cut in slices or quarters. Fresh mushrooms may be used or the stalks may be stewed in the water used for sauce.

## HOLLANDAISE SAUCE.

Beat 6 T. butter to a cream, beat in 2 egg yolks,  $\frac{1}{4}$  t. salt,  $\frac{1}{8}$  t. pepper, add gradually  $\frac{1}{2}$  C. boiling water, 1 t. cornstarch diluted in  $\frac{1}{4}$  C. cold water. Cook mixture over hot water; when thick add juice of  $\frac{1}{2}$  lemon. Serve at once.

## TOMATO SAUCE NO. 2.

2 T. butter	1 C. steamed tomato
2 T. flour	$\frac{1}{4}$ t. salt
1-16 t. pepper	Make as a white sauce

## OLIVE SAUCE.

2 T. butter	$1\frac{1}{2}$ cups water or stock
3 T. flour	1 t. minced onion
$\frac{1}{4}$ t. salt	chopped olives
$\frac{1}{8}$ t. pepper	

Brown butter in saucepan. Add flour, add stock slowly, season. Add olives.

## MUSHROOM SAUCE.

3 T. butter	$\frac{1}{2}$ t. salt
4 T. flour (browned)	$\frac{1}{8}$ t. pepper
2 cups water or stock and liquor	$\frac{1}{2}$ can mushrooms

Chop mushrooms in small pieces. Cook 5 min. in butter. Remove. Add flour, seasonings and water slowly. Add mushrooms.

Miscellaneous: Onion, garlic, chives, mushrooms, truffles, essence of anchovy, capers and other pickles.

## HARD SAUCE.

1 C. confectioner's sugar	1-3 t. vanilla
1-3 C. butter	$\frac{1}{4}$ t. cinnamon

Cream butter, add sugar gradually, add flavoring. Make in fancy shapes. Sprinkle with cinnamon.

## HORSERADISH SAUCE.

A {	4 T. horseradish	A {	$\frac{1}{2}$ t. mustard
	4 T. fine bread crumbs		$\frac{1}{4}$ t. paprika
	$\frac{1}{2}$ t. salt		2 T. vinegar
	1 t. powdered sugar		1 C. white sauce

*Directions*—Mix all ingredients marked "A." Cook in double boiler. While hot, add white sauce. Cool. Pack and freeze till spongy.

# Salads

## MAYONNAISE DRESSING.

1 t. salt	2 T. lemon juice
1 t. mustard.	2 T. vinegar
1 t. confectioner's sugar	2 eggs
$\frac{1}{4}$ t. paprika	$1\frac{1}{2}$ C. olive oil

Use wooden spoon. Thoroughly chill bowl, spoon, oil and eggs. Separate the eggs. Mix sifted dry ingredients with yolks. Add oil slowly, a few drops at a time. When mixture becomes thick add oil, vinegar and lemon juice, alternating. Should be thick enough to hold shape well. Beat whites stiff. Fold in. Thick cream may be used in place of whites.

## BOILED DRESSING.

2 eggs	1 tsp. sugar
1 tsp. mustard	2 tbl. oil
1 tsp. salt	1 cup milk
$\frac{1}{4}$ tsp. paprika	$\frac{1}{2}$ cup hot vinegar

Separate the eggs. To the yolks add the ingredients in the order given, adding the vinegar very slowly; cook in double boiler until thick, then turn onto whites of the eggs beaten light and dry; mix well, strain and set away to get cold. Will keep several days if kept in a cool place.

## FRENCH DRESSING. NO. 1.

4 tbl. olive oil	$\frac{1}{4}$ tsp. salt
$1\frac{1}{2}$ tbl. vinegar	$\frac{1}{8}$ tsp. white pepper

Mix the salt and pepper in a cup, add one tablespoon of the oil; mix well, then add one-half of the vinegar a little at a time; blend, and add the remainder of oil and vinegar alternately.

## FRENCH DRESSING NO. 2.

$\frac{1}{4}$ tsp. salt	10 drops onion-juice
$\frac{1}{4}$ tsp. white pepper	1 tbl. vinegar
3 tbl. olive oil	$\frac{1}{2}$ tbl. lemon-juice

Mix the salt, pepper, onion-juice and one tablespoon of oil; then add alternately the remaining oil, vinegar and lemon-juice.



## BOILED DRESSING.

1 t. mustard	1 egg
½ T. salt	¼ T. vinegar
1 T. sugar	1 C. milk or sour cream
2 T. flour	1½ T. butter

Mix dry ingredients, add egg, beaten slightly, butter, milk and vinegar. Cook in double boiler until thick. Beat with Dover egg beater.

## BANANA AND PEANUT SALAD.

Wash 2 bananas, remove skin and slice in 1 inch slices. Roll slices in ground peanuts (1½ C.) Serve on lettuce leaves, moisten with mayonnaise, or boiled dressing.

## STUFFED TOMATO SALAD.

Remove skins from tomatoes. Remove a thin slice from top of each, take out some of the pulp. Refill with equal quantities of celery, cucumbers and nuts, also pulp. Moisten with mayonnaise. Serve on lettuce leaves.

## PINEAPPLE AND ORANGE SALAD.

Cut pineapple and oranges into small pieces. Add a few nut meats. Arrange on lettuce leaves or orange baskets. Serve with Mayonnaise dressing.

## CHERRY AND NUT SALAD.

Remove stones from preserved cherries. Arrange on lettuce leaves. Garnish with pecan nut meats or walnut meat. Serve with salad dressing.

## ASPARAGUS SALAD.

Cut tips from asparagus. Place 3 or 4 tips on lettuce leaves. Garnish with strip of red pepper and French dressing, or salad dressing.

## GREEN VEGETABLE SALAD.

1 head celery or ⅛ head	1 hard-cooked egg
cabbage	2 cucumbers
3 tomatoes (dry portion)	¼ green pepper

Chop vegetables separately and drain well. Arrange in layers on salad plate. Use egg riced for garnish.

## JELLIED CABBAGE SALAD.

3 C. chopped cabbage	½ t. salt
2 green peppers chopped	4 T. lemon juice
¼ C. sugar	2 T. gelatine
¼ C. vinegar	1½ C. boiling water
½ C. cold water	

Hydrate gelatine. Mix chopped cabbage, peppers, vinegar, sugar, lemon juice, seasoning. Dissolve gelatine over hot water, add to 1½ cups, boiling water, then add cabbage mixture. Mould. Cut in slices and serve on lettuce leaves with dressing.

## CUCUMBER CUPS.

Wash cucumbers. Cut cucumber in three pieces crosswise. Remove pulp from each. Cut in small pieces, add equal quantities of celery, moisten with salad dressing, and refill. Serve on lettuce leaves.

## BANANA BOATS.

Wipe bananas, take off section of skin without breaking other part. Take out pulp, cut in dice, sprinkle with French dressing. Lay overlapping slices of banana along top for oars. Set on lettuce leaf.

## CUCUMBER TUBS FOR SALAD.

Choose large cucumbers. Cut into three-inch lengths. Trim off half an inch from top all round except at each side, where small pieces of rind should be left to represent handles. Mark off little bands of rind which are to run around the tub and cut away rest of rind. After paring, scoop out inside. Fill with chopped cucumber, tomato, celery or any desired filling. Serve with dressing, garnish with parsley.

## STUFFED CHERRIES.

1 can white cherries	1 head lettuce
½ cup hazel nuts	

Wash and crisp lettuce. Carefully remove stones from cherries and place a hazel nut in cavity of each cherry. Place on a bed of lettuce, and serve with Mayonnaise dressing.

## BANANA SALAD.

4 bananas	6 English walnuts
1 head lettuce	2 tbl. chopped parsley

Strip one section of the skin from the bananas; remove the fruit and cut into dice (¼ inch cubes.) Put the diced bananas in a deep

dish, turn over them French dressing, and let them stand in a cool place one-half hour. Then fill the skins with the prepared fruit and arrange on a bed of lettuce leaves that have been thoroughly washed and crisped. Garnish with finely-minced parsley and halves of English walnuts.

#### TOMATOES STUFFED WITH CUCUMBERS.

5 tomatoes	$\frac{1}{2}$ tsp. salt
1 cucumber	$\frac{1}{4}$ tsp. pepper
4 pimentos	

Peel the tomatoes, cut off the stem ends, and scoop out the pulp, thus forming cups; turn cups upside down and put in a cool place.

Chop fine the solid pulp from the tomatoes and one cucumber chilled before chopping; stir into a cup of cream dressing and fill the tomatoes with the mixture. Salt and pepper needed in addition to that of the dressing. Serve at once on lettuce leaves.

#### CHICKEN SALAD.

Use two parts of cold cooked chicken to one part of celery. Marinate and drain the chicken, add the celery, and mix with Mayonnaise or boiled dressing. Arrange the salad in nests of lettuce leaves, and put a pimola in the centre of each nest.

#### CHICKEN SALAD DRESSING.

$\frac{1}{2}$ C. chicken stock	2 T. flour
$\frac{1}{4}$ C. vinegar	3 T. melted butter
2 egg yolks	1 t. mustard
$\frac{1}{2}$ t. salt	f. g. cayenne
$\frac{1}{8}$ t. pepper	$\frac{1}{2}$ C. cream or milk

**DIRECTIONS:** Mix dry ingredients in sauce-pan, add egg yolks beaten slightly, add butter, vinegar and milk. Cook until thick. Beat with Dover egg beater.

#### CAULIFLOWER SALAD.

1 cauliflower, medium size	10 pimentos
	1 tsp. salt

Soak the cauliflower in salted water an hour; cook in boiling salted water until tender; drain, and chill; then marinate with French dressing and set aside for half an hour. Sever the flowerets partly from the stalk, but so as not to change their relative positions, and place on a serving-dish. Put heart leaves of lettuce between the flowerets and about the base of the vegetable; pour a cup of Mayonnaise dressing over the whole, and sprinkle with pimentos, or fine chopped parsley.

In serving separate the flowerets with a sharp knife.

## FRUIT AND NUT SALAD.

3 oranges	$\frac{1}{2}$ lb. white grapes
3 bananas	$\frac{1}{4}$ lb. English walnuts

Peel neatly three oranges and slice them lengthwise; also cut the bananas in thin slices. Skin and seed half a pound of white grapes, and blanch and slice the meats of one-fourth of a pound of English walnuts. Serve very cold on lettuce leaves, dressed with four tablespoonfuls of oil, two tablespoonfuls of lemon juice—less, if the oranges are sour—and half a teaspoonful of salt.

## LOBSTER SALAD.

1 pt. lobster meat	1 head lettuce
--------------------	----------------

## SALAD DRESSING.

2 tbl. vinegar	$\frac{1}{4}$ tsp. white pepper
$\frac{1}{2}$ tsp. salt	

Wash and crisp the lettuce, cut the lobster meat into dice and sprinkle with the salt, pepper and vinegar, and add one-fourth of the salad dressing; mix and make in little mounds in the lettuce leaves that have been arranged for individual serving; dress with the remainder of the salad dressing, garnish with the lobster claws, and if there is any coral put it through a potato ricer, and sprinkle on the top of each salad.

## BEET SALAD.

4 good-sized beets	$\frac{1}{4}$ tsp. salt
1 head lettuce	

Wash and put the lettuce to crisp. Wash and cook the beets. When tender, plunge into cold water, and remove the skins. When thoroughly cold, cut into cubes  $\frac{1}{4}$  inch square, sprinkle with  $\frac{1}{4}$  tsp. salt; arrange on the lettuce leaves so as to be served individually, and dress with salad dressing.

## EGG SALAD.

1 head lettuce	$\frac{1}{2}$ dozen hard-cooked eggs
----------------	--------------------------------------

Wash and crisp the lettuce; cook the eggs 45 min., and cool in cold water; remove from the shells, cut into halves, removing yolks, and cut the whites into rings. Arrange the lettuce leaves so as to form a bed on a round plate; lay the rings on the lettuce leaves, and fill each ring with the yolk of egg that has been put through a potato-ricer; pile the remaining yolk in the centre and dress all with salad dressing.

## STRING BEAN SALAD.

2½ cups cold cooked string beans                      1 head lettuce

Wash and crisp the lettuce. Cut string beans into half-inch pieces, arrange lettuce in salad bowl, place the beans in centre and turn over all French dressing.

## VIOLET SALAD.

1 bunch violets                      1 tbl. red or white wine  
2 tbl. celery heart                  2 heads white endive or  
1 tbl. parsley                          chicory  
1 tsp. chives

Mince celery, parsley and chives fine; pour over them the wine; add two dozen fresh violet petals, and pour this over two-heads of white endive or chicory. Garnish with fresh violets and serve.

## POTATO SALAD.

12 cold boiled potatoes              1 tsp. white pepper  
4 hard-cooked eggs                  2 tbl. of salt  
2 small Bermuda onions            6 tbl. each of oil and vinegar  
2 tbl. chopped parsley              ½ tsp. powdered sugar

Cut the potatoes into dice and chop eggs fine. Chop the onions, or slice them very thin. Sprinkle the potatoes, eggs and onions with the salt and pepper, and mix thoroughly. Pour the oil gradually over the mixture, stirring and tossing continually; lastly mix with the other ingredients the vinegar, in which the sugar has been dissolved. Sprinkle chopped parsley over the top.

## VEGETABLE SALAD.

1 cold cooked beet                  ½ cup cold green string  
1 cold cooked carrot                  beans  
1 cold cooked potato                1 head lettuce

Wash and crisp lettuce. Cut the cold carrots, beets and potatoes into slices ¼-inch thick, then into ¼-inch cubes; cut part of the beans into ¼-inch pieces, put the vegetables on separate plates and marinate with French dressing; set away to cool. When ready to serve, arrange the lettuce for individual serving. Mix the cubed vegetables and place an equal quantity on each set of leaves. Dress lightly with salad dressing and garnish with the whole string beans.

## CABBAGE AND PEPPER SALAD.

Wash one cabbage. Remove outer leaves. Remove center; chop fine 2 green peppers, ½ cup celery, and cabbage pulp. Remove seeds from peppers, soak in boiling water 3 min. Place in cold water. Mix

salad dressing with mixture; refill shell. Garnish with parsley. Place on bed of shredded lettuce.

## FRUIT SALADS

### WALDORF SALAD.

(a) 2 c. celery cut fine, 1 doz. walnut meats blanched and chopped fine, grate rind 1 orange.

(b) 6 slices tart apple one-fourth inch thick, peeled and cored, or 6 fine red apples with inside scooped out, making cups, or 1 c. apples cut into dice.

Mix *a* with Mayonnaise dressing and apple dice; fill the cups, and serve in a nest of lettuce or water cress.

### PINEAPPLE AND CELERY.

(a) 2c shredded pineapple, 1 c. celery, 1 pimento or sweet red pepper, mixed with Mayonnaise cream dressing.

Serve ice cold on lettuce; garnish with nut meats, or serve in peeled apple cups.

### MACEDOINE FRUIT SALAD.

(I)

1 c. orange sections freed from white skin, 1 c. banana cut in slices, 1 c. Malaga grapes cut in halves and seeds removed,  $\frac{1}{4}$  c. candied cherries cut in halves,  $\frac{1}{4}$  c. blanched almonds,  $\frac{1}{2}$  c. powdered sugar, juice of one lemon.

Mix lightly and serve in individual lettuce cups or in orange baskets.

(II)

2 c. orange sections cut in pieces, a small pineapple peeled and cut in small pieces, 1 box strawberries,  $\frac{1}{2}$  c. walnut meats.

Blend lightly or arrange colors in masses, and garnish with small lettuce leaves.

### CHEESE SALAD AND TOMATOES.

1 Neufchatel cheese

3 T. chopped nut meats

Olives

Cream to moisten cheese or French dressing; whole tomatoes.

Moisten Neufchatel cheese with cream, add nuts and olives. Season, shape in long roll, chill, cut in slices  $\frac{1}{8}$ -inch thick. Cut tomatoes having 3 cuts. Do not cut way to the other side. Insert slices of cheese in these spaces. Serve with dressing on lettuce leaves.

## MARGUERITE SALAD.

Cook 5 eggs in boiling water 10 min. Remove shells, cut egg in half lengthwise, then each half lengthwise again. Remove yolk and mash them with silver fork or put through potato ricer. Place the egg whites on lettuce leaves to form daisy petals, using the yolk for yellow centre. Moisten with Mayonnaise.

## LENOX SALAD.

5 tomatoes cut fine	2 peppers, 1 green, 1 red,
1 C. celery cut fine	chopped fine
1 small onion, cut fine	¼ C. chopped nuts

Moisten with salad dressing.

## BEETS STUFFED WITH CABBAGE AND NUTS.

Boil beets (young) till tender, skin, remove centres, cut equal portions of beet, nuts, cabbage or celery very fine. Moisten with dressing, refill cavity, garnish with lettuce.

# Eggs

(Testing for freshness.)

Eggs should be heavy for size. Held to light, look translucent. Put in fresh water, sink to bottom. Fresh do not rattle. Whites will whip stiff and dry.

## *Packed eggs*

stand on end when put in water. Held to light, look mottled. Shaken, rattle, shell thin with dark spots showing from inside.

## *Stale eggs*

Rise part way or to top when put in water. Will not poach well. Egg yolk and white mix when broken. Whites will not whip stiff. Are watery and contain gases.

## EXPERIMENTS WITH EGGS.

### *Experiment I.*

- I. Apparatus: Retort stand, wire gauze, beaker, test-tube, thermometer.
- II. Materials: White of egg, cold water.
- III. Directions: Pour white of egg into test-tube, having sufficient quantity to cover thermometer bulb. Suspend the test-tube in the beaker, not allowing it to touch. Surround it with cold water, seeing that the water level is above the white of egg. Suspend the thermometer in the test-tube, not allowing it to touch the bottom of tube. Heat the water slowly.
- IV. Note and record:
  1. Temperature at which coagulation is first apparent.
  2. Temperature at which whole mass is coagulated.
  3. Consistency of coagulated white at such temperatures.
  4. Consistency when the water reaches the boiling point.

### *Experiment II.*

As experiment I, substituting the yolk for the white of egg.

- I. Note and record:
  1. Temperature at which coagulation is first apparent.
  2. Temperature at which whole mass is coagulated.
  3. Consistency of coagulation of yolk at such temperatures.
  4. Consistency when the water reaches the boiling point.

### *Experiment III.*

To determine the amount of yolk and white necessary to thicken a liquid:



I. Utensil: A double boiler.

II. Materials: 1 pint milk, 2 eggs.

III. Proportions:

	Milk	Egg	Sugar
No. 1.	2-3 cup	1	1 T.
2.	2-3 cup	1 yolk	2-3 T.
3.	2-3 cup	1 white	1-2 T.

IV. Method of Mixing:

Nos. 1 and 2. Heat the milk. Beat the egg until smooth, but not foamy. Pour the heated milk slowly upon the egg, stirring as you pour. Return the mixture to the boiler, and stir until the mixture thickens. Note the length of time. Turn the mixture into a cold vessel when it has thickened.

No. 3. Mix the white of egg smoothly with a portion of the cold milk. Then proceed as in Nos. 1 and 2.

Note results, and compare the three mixtures as to consistency and flavor.

Queries:

When should sugar be added in Nos. 1 and 2? How much?  
When should flavoring be added?

How may it be determined when the mixture is cooked sufficiently?

If curdling occurs, what can be done to remedy it?

#### Experiment IV.

I. Utensils: A double boiler, small baking cups set in a large pan.

II. Materials: 1 pint milk, 2 eggs.

III. Proportions:

	Milk	Egg
No. 1.	2-3 cup	1
2.	2-3 cup	1 yolk
3.	2-3 cup	1 white

1 T. cornstarch equals 1 egg, and may be used to increase thickening if desired.

IV. Method of mixing:

Proceed as in previous experiment (III) until the hot milk has been added to the egg. Fill the baking cups  $\frac{3}{4}$  full with the mixture. Set the cups in a pan and pour hot water around the cups to 2-3 their height. Place in an oven  $400^{\circ}$  F. and bake until the custards are set. Test with a knife. (Why?)

V. Compare the three custards as to consistency and flavor.

When should sugar and flavoring be added?

## EGGS.

- I. *Composition.*
- II. *Nutritive value and digestibility.*
- III. *Methods of cooking.*
  - (I) In the shell.
  - (II) Out of the shell.
  - (III) Materials, seasonings and garnishes suitable for combination with eggs.
- IV. *Soft-cooked eggs.*
  - Method I.  
Cover eggs with cold water and bring gradually to boiling point. Do not allow water to boil. Let stand 10 min.
  - Method II.  
Bring water to boiling point, carefully put in the eggs with a spoon, and place saucepan on back of stove, where water will not boil. Cook from 6-8 min.
  - Method III.  
Use the double-boiler, having boiling water below; pour boiling water into the upper part and drop in the eggs carefully; cook ten minutes. Proportion of water 1 pint to 3 eggs.
- V. *Hard-cooked eggs.*—Extend time of the above 30-60 min.

## HARD-COOKED EGGS.

- I. *Eggs sliced—with sauce.*  
6 eggs, 1 cup white sauce No. 3.  
Two or three slices of toast or halves of Shredded Wheat Biscuit. Make the sauce, add sliced eggs, and serve on toast.
- II. *Stuffed eggs.*  
Eggs hard cooked may be cut lengthwise or crosswise, the yolks removed, mashed and seasoned, moulded into balls and replaced in the whites, making egg baskets. Or the whites may be evenly filled and the two sides placed together, making stuffed eggs.  
Materials that may be added to the yolks:
  1. Potted meat or poultry,  $\frac{1}{2}$  as much as yolks.
  2. Salmon or other delicate fish, same bulk as yolks.
  3. Grated cheese to taste, about 1 T. to 3 yolks.
  4. Oil, mustard, vinegar and parsley to taste.
 Except on No. 4, allow 1 tsp. butter melted to 3 yolks, salt and pepper to taste. They can be served hot with a white sauce (No. 3), or cold without the sauce.

## DROPPED OR POACHED EGGS.

Place in a shallow pan as many muffin rings as you have eggs to poach. Add enough boiling water to cover rings, add 1 tsp. salt. Slip an egg carefully into each ring. It requires 6 to 8 minutes to set. Serve on round slices of toast.

## MOULDED EGGS.

Butter well individual moulds. Chop some parsley very fine and powder the inside of moulds with it; slip in the egg carefully, sprinkle with salt and place a bit of butter over each. Place moulds in a pan of hot water and poach in a moderate oven ten minutes. Serve with a white bechamel or tomato sauce.

## OMELETS.

Beat the yolks of two eggs until light colored and thick; add 2 tablespoons of milk,  $\frac{1}{8}$  tsp. of salt, 1-16 tsp. of pepper, or less. Beat the whites of the two eggs very stiff and dry. Cut and fold the yolks into the whites.

Have a clean, smooth omelet pan. When hot. rub it around the edge with a teaspoonful of butter, covering both sides and bottom. Turn in the omelet quickly and spread evenly on the pan. Remove from the hottest part of the fire and cook carefully until slightly browned on the bottom. Place in the oven to set the top (not brown) only a minute or two. Cut on edges at right angles to handle of pan, and fold from the handle, and slip carefully on a hot platter. Serve plain or with a sauce. Make sauce first.

*Variations.* Before folding: Chopped parsley, finely chopped onion, thin slices of ham, or 3 T. chopped ham, veal, or chicken; stewed tomatoes, chopped mushrooms, shrimps, oysters (parboiled); grated cheese.

## OMELET SOUFFLE.

Whites of 3 eggs

Juice of  $\frac{1}{4}$  lemon

Yolks 2 eggs

$1\frac{1}{2}$  T. powdered sugar.

Beat the whites to a very stiff froth. Beat the yolks, add them to the whites, then the sugar and lemon juice. Fold in carefully and heap into a buttered baking-dish. Dredge with powdered sugar. Bake slowly until a golden brown.

## CREAMY OMELET.

3 eggs, 3 tsp. cream, 1 ssp. salt, pepper (optional.)

Beat the eggs without separating until very foamy, add the cream and seasoning, and beat again. Place the bowl containing the mixture over hot water and stir constantly until it begins to set. Turn the

mixture into a hot buttered frying pan. When the under surface is brown, fold the omelet, turn on a hot plate and serve immediately.

#### CREOLE STYLE.

Have prepared on a hot serving-dish a can of tomatoes, stewed until they are reduced to a pint, and upon the tomatoes rounds of buttered toast for each egg to be served. Break some eggs, one by one, into a cup, and turn them into the blazer two-thirds filled with hot water; turn the flame low and put on the chafing-dish cover; if the water boils, turn down the flame. When the eggs are nicely poached, remove with a skimmer to the toast. Pour out the water and melt in the blazer, browning, if desired, two tablespoonfuls of butter; add one tablespoonful of lemon-juice; heat to the boiling point, dust the eggs with salt and pepper, pour over the sauce, and serve.

#### WELSH RAREBIT.

1 cup hot milk	6 Shredded Wheat Biscuits
$\frac{1}{4}$ lb. cheese, grated	1 tsp. entire wheat flour
$\frac{1}{2}$ tsp. salt	1 egg, well beaten
$\frac{1}{4}$ tsp. mustard	1 tsp. butter
Dash cayenne	

Put the milk to heat. Mix cheese, flour, egg, mustard, salt and cayenne in saucepan, and when the milk is scalding hot, add it, a little at a time, to the cheese mixture. Stir, cooking slowly, until thick as cream. Take from fire and add butter; stir in well and pour over the biscuit that have been prepared, as in recipe No. 1. Serve at once. Prepare the biscuit before adding the milk to the cheese.

(Biscuits dipped quickly in milk, bottom side down, drained and toasted in oven three to five minutes.)

#### GOLDEN BUCK.

Prepare a rarebit in one chafing-dish. Break some eggs into the blazer of another containing salted water just "off the boil." When the eggs are poached and the rarebit ready, place an egg above the rarebit on each piece of toast.

#### CURRIED EGGS.

- 6 eggs, cooked in water just below the boiling point 20 min.
- $\frac{1}{2}$  cup of stock (fish, veal or chicken.)
- $\frac{1}{2}$  cup of milk.
- 2 tbl. butter.
- 2 tbl. flour or 1 tsp. cornstarch.
- $\frac{1}{2}$  tsp. curry powder.
- 1 slice onion.

Teaspoonful of lemon-juice.

Salt and pepper to taste.

Method: Cook the onion in the butter a few minutes, then remove it and add the flour and curry powder; when frothy, add the milk and stock. As soon as the boiling point is reached set the blazer in the hot water pan and add the eggs cut in quarters. Season with salt and serve on sippets of toast.

Light meats, fish, oysters and lobsters may be prepared in the same way, omitting the half cup of milk in the case of oysters. Chicken livers may also be prepared by the same recipe, in which case the livers should have been cooked previously. Or they may be sauted in a little hot butter in one dish, while the sauce is made in another.

#### FRENCH OMELET.

4 eggs	$\frac{1}{8}$ tsp. pepper
4 tbl. milk	2 tbl. butter
$\frac{1}{2}$ tsp. salt	

Beat eggs slightly, just enough to blend yolks and whites; add the milk and seasonings. Put butter in hot omelet-pan; when melted, turn in the mixture; as it cooks, prick and pick up with a fork until the whole is of a creamy consistency. Place on hotter part of range, that it may brown quickly underneath. Fold and turn on hot platter.

#### EGG OMELET FOR TWO PERSONS.

2 eggs	2 T. milk
$\frac{1}{4}$ t. salt	1 t. butter
$\frac{1}{8}$ t. pepper	

Separate yolks from whites. Beat yolks till thick and lemon colored. Add seasoning and milk. Fold in whites beaten stiff. Heat frying pan, and butter sides and bottom. Turn in mixture, cook slowly. When "puffed" up, insert knife in mixture; if it comes out clean, omelet is done. Put in oven to dry off, then fold, and turn on to platter. Serve with white sauce or fruit.

#### BAKED EGGS.

6 eggs	$\frac{1}{2}$ T. parsley
--------	--------------------------

Butter baking dishes thoroughly, dust with parsley minced fine, slip in egg, cook 20 minutes, if desired, hard in pan of hot water. Turn out and serve with tomato sauce.

#### TOMATO SAUCE.

$1\frac{1}{2}$ C. strained tomatoes	$\frac{1}{4}$ t. salt
3 T. butter	$\frac{1}{8}$ t. pepper
4 T. flour	

# Cheese Dishes

## WELSH RAREBIT.

¼ lb. rich cream cheese	A few grains cayenne
¼ cup cream or milk	1 egg
1 tsp. mustard	1 tsp. butter
½ tsp. salt	4 slices toast or cracker

Break the cheese in small pieces, or, if hard, grate it. Put with the milk in a double boiler. Toast the bread and keep it hot. Mix the mustard, salt and pepper; add the egg and beat well. When the cheese is melted, stir in the egg and butter, and cook two minutes or until it thickens a little, but do not let it curdle. Pour it over the toast. Many use ale instead of cream.

## CHEESE SOUFFLE.

2 tbsp. butter	3 eggs
3 tbsp. flour	1 cup grated cheese
½ cup milk	Dash of cayenne
½ tsp. salt	

Melt the butter, add flour; stir till smooth; add milk and seasonings. Cook two minutes. Add yolks of eggs well beaten, and the cheese. Remove from fire and cool. Then add the whites of eggs beaten stiff. Turn into a buttered dish and bake twenty-five to thirty minutes. Serve immediately.

## CHEESE STRAWS, NO. 1.

If the cheese straws are to be made of puff paste, roll the paste very thin; if they are to be made of flaky pie crust, roll the same thickness as for pies. When rolled cut in strips six to ten inches long, and cut the strips into straws one-fourth inch in width. Lay upon baking sheets or shallow pans, leaving a space between the straws about one-third the width of the straws. Grate rich American cheese, season with salt and red pepper and scatter quite thickly over the straws and bake in quick oven.

## WELSH RAREBIT.

1 T. butter	¼ t. salt
1 t. cornstarch	¼ t. mustard
½ C. milk or cream	1-16 t. cayenne
½ lb. grated cheese	

Melt butter in double boiler, add cornstarch, stir until mixed, add milk gradually. Cook 2 min., add cheese, stir until cheese is melted. Season and serve on toast.

# Croquettes

## FISH CROQUETTES.

2 cups cold flaked fish (salmon, cod or halibut).  
1 cup white sauce No. 3.       $\frac{1}{8}$  tsp. white pepper.  
 $\frac{1}{2}$  tsp. salt.

Season fish with the salt and pepper; add the white sauce and cool. Shape in the form of chops, cylinders, or balls, roll in crumbs, egg and crumbs, and fry in deep fat. Arrange on a hot dish for serving, and garnish with parsley. If salmon is used, finely chopped parsley can be mixed with the fish, and seasoned with lemon. Garnish with parsley and quarters of lemon.

## SALMON CROQUETTES.

$1\frac{3}{4}$  cups cold flaked salmon      1 tsp. lemon juice  
1 cup thick white sauce      Salt  
Few grains cayenne

Add sauce to salmon, then add seasoning. Spread on a plate to cool. Shape, dip in crumbs, egg and crumbs, and fry in deep fat, and drain.

For salmon cutlets use equal parts cold flaked salmon and hot mashed potatoes. Season with salt and pepper. Then proceed as above.

## CHICKEN CROQUETTES.

$1\frac{3}{4}$  cups chopped, cold-cooked fowl      1 tsp. finely chopped parsley  
 $\frac{1}{2}$  tsp. salt      1 tsp. lemon juice  
 $\frac{1}{4}$  tsp. celery salt      Few drops onion juice  
Few grains cayenne      1 cup thick white sauce

Mix dry ingredients in order given. Cool, shape, crumb, and fry same as for other croquettes.

White meat of fowl absorbs more sauce than dark meat. This must be remembered if dark meat alone is used. Croquette mixtures should always be as soft as can be conveniently handled, when croquettes will be soft and creamy inside.

## MOCK SWEETBREAD CROQUETTES.

1 pair calf's brains      1 tsp. salt  
1 cup veal, chopped fine       $\frac{1}{8}$  tsp. pepper  
1 tbs. flour      1 tsp. chopped parsley  
1 tbs. butter       $\frac{1}{2}$  tsp. onion juice  
1 cup milk      Dash cayenne

Remove membrane and blood vessels from brains; wash well and soak in salted water 15 minutes. Remove from the salted water, put in a saucepan, cover with cold water, and bring to the boiling point. Drain and cool, then cut brains in fine pieces. Make a sauce of butter, flour and milk, and brains and veal, then seasonings, parsley and onion juice. Mix thoroughly and put on the ice until very cold. Shape and fry according to general directions for croquettes.

### CHEESE CROQUETTES.

3 tbsp. butter	Few grains cayenne or
$\frac{1}{4}$ cup flour	paprika
2-3 cup milk	Yolks of 2 eggs
$1\frac{1}{2}$ cups mild cheese, grated	Salt and pepper

Make a thick white sauce of the butter, flour and milk; add yolks of eggs unbeaten; when well blended, add cheese. As soon as the cheese melts remove from fire, add seasoning, spread in a shallow pan to cool. Turn on a board, cut in small squares or strips, dip in crumbs, egg and crumbs again. Fry in deep fat. Serve for a cheese course.

### RICE CROQUETTES WITH JELLY.

$\frac{1}{2}$ cup rice	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup boiling water	Yolks 2 eggs
1 cup scalded milk	1 tbsp. butter

Wash rice, add to water with salt, cover and steam until rice has absorbed water. Then add milk, stir lightly with a fork, cover and steam until rice is soft. Remove from fire, add egg yolks and butter; spread on a shallow plate to cool. Shape in balls, roll in crumbs, then shape in form of nests. Dip in egg, again in crumbs, fry in deep fat and drain. Put a cube of jelly in each croquette. Arrange on a folded napkin and garnish with parsley, or serve around game. Make croquettes small.

### POTATO CROQUETTES.

2 cups hot riced potatoes	Few grains cayenne
2 T. butter	Few drops onion juice
$\frac{1}{2}$ tsp. salt	Yolk 1 egg
1-3 tsp. pepper	1 tsp. finely chopped parsley
$\frac{1}{4}$ tsp. celery salt, or none	

Mix ingredients in order given and beat thoroughly. Shape on plate with two knives, dip in crumbs, egg, and crumbs again; fry one minute in deep fat.



## BEAN CROQUETTES.

1 cup beans	1 small onion
4 cups water	1 t. salt
1 bay leaf	1-16 t. pepper
1 egg	1 T. butter

Wash beans, soak over night. Boil slowly with bay leaf and onion till tender. Wash beans through colander. Season with butter. Salt and pepper egg; form into croquettes. Crumb, egg and crumb. Fry in deep fat.

# Timbales

## SWEDISH TIMBALES.

$\frac{3}{4}$ cup flour	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ tsp. salt	1 egg
1 tsp sugar	1 tbsp. olive oil

Mix dry ingredients, add milk gradually, and beaten egg; then add olive oil. Shape, using a hot timbale iron; fry in deep fat until crisp and brown; take from iron and invert on brown paper to drain.

## CHICKEN TIMBALES.

(6 small moulds.)

Chop *one cupful* of cold boiled chicken very fine, and press through a colander. Put one tablespoon of butter into a saucepan; when melted, add half a cupful of fine bread crumbs and four tablespoons of cream; when it is hot, add the chicken, salt, pepper, cayenne, one teaspoonful of onion juice, and the yolks of two eggs well beaten. Mix thoroughly, take from the fire, and add the whites of eggs beaten stiff. When perfectly smooth fill six well-buttered timbale moulds two-thirds full, put them in a pan in which there is about an inch of water, cover the moulds with buttered paper, and bake in the oven fifteen minutes. Serve with mushroom or veloute sauce.

## MACARONI TIMBALES.

(3-8 to 5-8 inch in diameter.)

Cook until tender in salted water long pieces of spaghetti or fine macaroni. Put it into the water slowly, and it can then be turned so it will not break. Lay the pieces straight on a napkin to cool. Butter well a dome-shaped mold. Wind the spaghetti around the mould, holding it in place as you proceed with a layer of force-meat. Fill the centre with boiled macaroni and cheese, mixed with a well-reduced Bechamel sauce; or fill the timbale with a salpicon of sweet-breads and mushrooms. Make the layer of force-meat thick enough to give the timbale stability. Cover it with oiled paper, stand it in a pan of hot water, and poach in a slow oven for thirty minutes. This timbale may also be made in individual moulds.

## HONEYCOMB TIMBALE.

Boil in salted water large sized macaroni. When cold, cut it into pieces one-quarter inch long, making rings. Butter a plain dome-shaped mould and line it with the rings. Fill the mould with minced

uncooked chicken, turkey or veal mixed with cream sauce. Add three or four eggs to the creamed mince just before putting it into the mould. Unless the eggs are added it will not have stiffness enough to hold in shape. Cover the mould with oiled paper. Place it in a pan of hot water and poach in a slow oven thirty minutes. Cooked meat can be used, in which case allow only twenty minutes.

#### BEEF BRAINS.

Clean thoroughly a pair of brains and soak in cold water one hour, changing water frequently; put the brains into a saucepan, add two cupfuls of stock, two cloves, two peppercorns, two sprigs thyme, salt and half a cup of white wine. Simmer gently for one-half hour, drain and cool. When cold, cut in dice, and heat in two cups white sauce No. 2. Serve in pate shells or Swedish timbales.

#### FISH TIMBALES. (Salmon.)

Wash, remove eggs and ovaries. Remove scales. Wash. Put in hot H<sub>2</sub>O and let simmer till soft. Skin. Remove bones. Macerate in mortar.

Left over meat, vegetables, fish, may be used as filling for timbales.

#### TO MOULD TIMBALES.

Rub mould well with butter. Ornament with ham, tongue or hard-cooked eggs. Cut decorations in very thin slices. Stamp into shape with fancy cutter. Arrange pieces in some design round the mould. The butter should hold design in place. If the timbale is to be made of salpicon (meat and mushrooms), first line the mould  $\frac{1}{4}$  to  $\frac{3}{4}$  inch thick with force-meat to give stability. Cover with an oiled paper and poach in a slow oven 10 to 15 min. if small, and 20 min. if large. Poaching (standing in a pan of hot water that comes one-half way up round the mould.) The water must not be allowed to boil. When centre is firm, it is done. To remove from mould let stand in water a minute. Invert on cloth, allowing moisture to drain off. Unmould on dish in which form is to be served.

#### SUGGESTIONS FOR DECORATIONS OF TIMBALES.

Egg, mushrooms, vegetables, macaroni, spaghetti, pickle, colored jelly (fancy designs.)

#### TIMBALE CASES.

1 egg yolk  
 $\frac{1}{4}$  t. salt  
 1-3 C. milk

$\frac{1}{2}$  C. flour  
 1 T. olive oil

Beat egg slightly with salt and oil. Add milk and flour, beat until smooth. Use timbale iron to shape. Fry in deep fat until crisp and brown. To heat timbale iron, heat fat until it smokes, put iron into fat, put a little of the batter into cup, dip iron in batter  $\frac{3}{4}$  its depth, immerse into hot fat.

#### SWEDISH TIMBALES WITH MUSHROOMS.

1 C. mushrooms sauted in butter	4 T. butter $\frac{1}{2}$ t. salt
2 C. boiling water	$\frac{1}{8}$ t. pepper
5 T. flour (browned)	

Make a white sauce of butter, flour and water. Cut mushrooms in small pieces, add to sauce. Add seasoning. Serve in timbale cases.

## Plain Cookery—Leftovers

### BEAN CROQUETTES.

1 cup beans	1 small onion
4 cups water	1 tsp. salt
1 bay-leaf	1-16 tsp. white pepper
1 egg	1 tbl. butter

Wash the beans, and soak over night. Boil them slowly with bay-leaf and onion until tender, changing the water several times.

Mash beans through a colander. Season with butter, salt and pepper; add beaten egg, form into small croquettes, roll them in egg and crumbs, and fry in deep fat.

### FARINA BALLS.

$\frac{1}{4}$ cup farina	$\frac{1}{8}$ tsp. paprika
1 cup milk	5 drops onion-juice
$\frac{1}{4}$ tsp. salt	Yolk of one egg

Cook farina and milk in double boiler for one hour, then add seasoning and yolk of egg well beaten. Stir well and set away to cool. When cold roll into balls, dip in crumbs, then in beaten egg, then in crumbs again and fry in deep fat.

### MACEDOINE OF VEGETABLES.

$\frac{1}{2}$ cup turnip	$\frac{1}{2}$ cup cauliflower
$\frac{1}{2}$ cup carrot	1 tbl. butter
$\frac{1}{2}$ cup green peas	1 tsp. salt
$\frac{1}{2}$ cup string beans	$\frac{1}{8}$ tsp. paprika

Cut the turnips and carrots into half inch dice, or with small vegetable cutters cut them into fancy shapes or into small balls.

The vegetables should be cooked separately and well drained before being put together, and when prepared should be mixed lightly so as not to break them, and seasoned with butter, pepper and salt, or be moistened with a Bechamel or a cream sauce. The Macedoine may be used as a garnish for meat, or can be served separately in a vegetable dish. This mixture of vegetables may also be used for a salad. Sometimes the vegetables instead of being mixed together are placed in separate piles around the meat or on a flat dish, and then give a good effect of color.

## SCALLOPED EGGS.

6 hard-cooked eggs	$\frac{3}{4}$ cup buttered cracker-
1 pint white sauce, No. 1	crumbs
$\frac{3}{4}$ cup chopped cold meat	

Chop eggs fine. Sprinkle bottom of a buttered baking-dish with crumbs, cover with one-half the eggs, eggs with sauce, and sauce with meat; repeat. Cover with remaining crumbs. Place in oven on centre grate, and bake until crumbs are brown. Ham is the best meat to use for this dish. Chicken, veal or fish may be used.

## VEAL LOAF.

2 lbs. lean veal	1 T. lemon-juice
1-3 lb. salt pork	$2\frac{1}{2}$ tsp. salt
4 large crackers	1 tsp. pepper
2 eggs	A few drops onion juice
3 tbl. cream	

Wipe the veal, remove skin and membrane, chop fine, or force through a meat-chopper; add the pork chopped fine, then the crackers rolled, the lemon-juice, seasonings, cream, and lastly the eggs well beaten. Press into a loaf with rounded top, or pack into a small bread-pan; smooth evenly on top, brush over with white of egg, and bake slowly  $2\frac{1}{2}$  hours, basting frequently. Remove from pan when cold, and serve cut in thin slices.

## CORNISH MEAT PIE.

1 cup cooked meat cut in small cubes	1 tbl. butter
$\frac{1}{2}$ cup boiled potatoes cut in small cubes	1 tbl. flour
1 T. onion chopped fine	$\frac{1}{2}$ tsp. salt
1 cup brown stock	$\frac{1}{4}$ tsp. pepper
	1-16 tsp. celery salt

Make a brown sauce of the stock, flour, butter and seasonings, add the meat, potatoes and onion. Line individual pie-plates with plain pastry; cover one-half with the meat mixture, folding the other half of pastry over it and pressing the edges together. Prick the upper crust thus formed, or cut small gashes. Brush over with milk and bake in a hot oven until a golden brown.

## CHICKEN IN BASKETS.

To three cups hot mashed potatoes add three tablespoons butter, one teaspoon salt, yolks three eggs slightly beaten, and enough milk to moisten. Shape in form of small baskets, using a pastry-bag and tube. Brush over with white of egg slightly beaten, and brown in oven. Fill with creamed chicken. Form handles for baskets of parsley.

## CLUBHOUSE FISH BALLS.

Boil one-half pound salt codfish until tender, changing the water once, that it may not be too salty. While the fish is hot pick it very fine so that it is feathery; it can not be done fine enough with a fork, and should be picked by hand. To two cups hot mashed potatoes add one-fourth cup milk or cream, two tablespoons butter, one-fourth teaspoon each salt and pepper; add one cup fish measured lightly and one egg well beaten. Beat the mixture very light, flour the hands and shape into cones. Place on a buttered baking-pan, brush with white of egg, and bake until a golden brown. Serve with a tomato, Bechamel or egg sauce.

## HAM TIMBALES.

1 tbl. butter	$\frac{1}{2}$ cup milk
1 tbl. flour	Yolks 2 eggs
2 c. cooked ham, chopped fine	Whites 2 eggs

Make white sauce of butter, flour and milk, add the ham, mix and add the beaten yolks of eggs. Mix again, then add the whites of eggs beaten stiff. Fill six custard cups two-thirds full, set them in a pan half filled with hot water, and bake twenty minutes; turn out and serve with cream sauce.

## CREAM SAUCE.

Put one tablespoon butter in a sauce-pan with one tablespoon flour; rub together until smooth, but do not brown; add one cupful of milk and one-half cupful of cream; stir until it boils, add salt and pepper, and any seasoning you prefer.

## CASSEROLE OF CHICKEN AND RICE.

See recipe for Casserole under Mutton.

# Chafing Dish Cookery

## CURRY OF CHICKEN.

1 3 lb. chicken	2 tbl. entire wheat flour
3 tbl. butter	1 tbl. curry powder
3 tbl. minced onion	1 tsp. salt
1 pt. of stock	$\frac{1}{8}$ tsp. white pepper

Singe, wash and draw the chicken. Wipe and cut at joints into serving pieces, removing the breastbone. Dredge with entire wheat flour. Melt the butter in omelet-pan and brown the pieces of chicken. Then remove to a saucepan and put the minced onion into the omelet-pan and cook a golden color. Sift the flour, curry, salt and pepper together, and add to the butter and onion. When brown, add a little at a time the pint of stock; cook until it thickens, then turn it over the chicken and simmer until tender. Just before removing from the saucepan add one cup of cream; heat and serve.

## SAUTE OF CHICKEN LIVERS.

6 chicken livers	$\frac{1}{5}$ tsp. grated onion
$\frac{1}{4}$ tsp. salt	1 bouillon capsule
$\frac{1}{4}$ tsp. white pepper	1 cup boiling water
2 tbl. butter	1 T. flour

Divide the livers into thirds. Place the blazer over the blaze; put in the butter; when it is melted, add the onion and seasoning, then the chicken livers; cook two minutes, turn, and cook one minute; then add two tablespoons entire wheat flour; add the cup of boiling water, in which has been dissolved the bouillon capsule; stir until thick and smooth; set in the hot water pan to keep hot while you toast bread, Shredded Wheat Biscuit or crackers. Arrange the livers neatly on the halves, and serve with the sauce.

## CREAMED EGGS.

4 eggs	3 tbl. grtd. old English cheese
$\frac{1}{2}$ cup thin cream	
1 tbl. butter	$\frac{1}{8}$ tsp. paprika
$\frac{1}{4}$ tsp. salt	

Break the eggs separately in a saucer. Melt the butter in the blazer, then add the cream, and when it is hot slip the eggs in. When the eggs are nearly cooked, sprinkle over them the grated cheese, and season with salt and paprika. Place eggs on the toasted halves of Shredded Wheat Biscuit or toasted bread, turn the cream over them, and serve.



## MINCED LOBSTER.

½ lb. lobster	⅛ tsp. paprika
2 tbl. butter	½ tsp. onion juice

Remove the meat from the shell and cut into small pieces. Melt the butter in the blazer, add onion-juice and paprika. Then add the lobster; while it is heating, toast the halves of Shredded Wheat Biscuit, crackers, or slices of bread; then place the lobster on neatly and serve while it is hot.

## LOBSTER A LA NEWBURG.

2 cups lobster meat dice	½ tsp. salt
1 cup thin cream	⅛ tsp. paprika
Yolks 2 eggs, beaten light	Dash nutmeg
10 drops lemon juice	2 tbl. butter

Put the butter in the blazer with the salt, paprika and onion-juice. When melted, add the lobster dice, cooking slowly for three minutes; then add the cream, nutmeg and yolks of eggs mixed together; stir slowly until thickened, and serve on toast or Shredded Wheat Biscuit.

## OYSTER NEWBURG.

1 pt. oysters	⅛ tsp. paprika
½ cup cream	2 tbl. entire wheat flour
1 tsp. onion juice	1 tsp. lemon juice
2 tbl. butter	Yolk of 1 egg
½ tsp. salt	

Pick over the oysters to be rid of all bits of shell. Melt one tablespoonful butter, add oysters, salt, paprika, onion and lemon-juice; cook three minutes, and melt remaining tablespoon butter; add flour, and when blended, add cream; then the yolk of the egg beaten slightly; cook until it thickens, stirring slowly; add to the oysters, mix and serve.

## CREAMED SWEETBREADS.

½ tsp. salt	2 tbl. entire wheat flour
1 tsp. lemon juice	¼ tsp. salt
1 cup milk	1-16 tsp. white pepper
2 tbl. butter	

Place the sweetbreads in cold water for one hour, then parboil twenty minutes in boiling water to which have been added salt and lemon-juice. When taken from the boiling water, place again in cold water; this keeps them firm and white. Make a white sauce of 1 cup of milk, 2 tbl. butter, 2 tbl. entire wheat flour, ¼ tsp. salt, 1-16 tsp. white pepper. Break the sweetbreads into small pieces, and re-heat in the sauce; serve on toast or halves of Shredded Wheat Biscuit.

## SWEETBREADS A LA SCRAMBLED EGGS.

1 sweetbread	3 tbl. butter
3 eggs	$\frac{1}{4}$ tsp. salt
1-3 cup milk	$\frac{1}{8}$ tsp. white pepper

Prepare the sweetbread as directed in recipe for creamed sweetbreads; break into small pieces with a silver fork. Beat the eggs slightly; add sweetbread, salt, pepper and milk. Melt butter in blazer. When melted, pour in the prepared mixture and cook.

## DEVEILED SHRIMPS.

1 qt. shrimps	1-16 t. paprika
2 T. butter	1 T. chopped parsley
1 T. Worcestershire sauce	$\frac{1}{2}$ t. mustard
1 T. lemon-juice or vinegar	$\frac{1}{2}$ t. salt

Remove intestinal vein from shrimps. Melt butter, add other ingredients, but shrimps. When hot, add shrimps, cut in pieces. Cook 3 min.

## CREAMED SWEETBREADS.

Parboil sweetbreads by cooking slowly in acidulated water 20 min. Drain, plunge into cold water that they may be kept white and firm. Cut in  $\frac{1}{2}$  inch cubes. Serve in white sauce, on toast or in timbale or patty shells.

## WHITE SAUCE.

2 cups milk	$\frac{1}{2}$ t. salt
4 T butter	$\frac{1}{8}$ t. pepper
4 T flour	

Melt butter, add flour, cook 3 min. Scald milk and add gradually. Season.

## TOMATO CHEESE AND MACARONI.

1 cup macaroni (cooked)	$\frac{1}{2}$ t. salt
1 $\frac{1}{2}$ cups tomato	$\frac{1}{8}$ t. pepper
$\frac{1}{5}$ cup grated cheese	1 t. onion
3 T. butter	3 T. flour

Melt butter, cook until brown, cut onion very fine and brown in butter; add flour and tomato slowly. Add grated cheese. When melted, add macaroni and seasonings.

## OYSTER RAREBIT.

1 pt. oysters	$\frac{1}{2}$ t. mustard
2 eggs	1 cup oyster liquor
2 T. butter	$\frac{1}{4}$ cup bread crumbs (soft)
$\frac{1}{4}$ t. salt	1 cup grated cheese
1-16 t. paprika	Crackers

Melt butter, add seasonings, bread crumbs, and cheese; when smooth add oysters which have been scalded, hard muscle removed and drained and eggs well beaten. When cheese is melted and is smooth serve on crackers.

# Invalid Cookery

## BEEF TEA.

Take one pound of juicy beef and remove all the fat; cut in small pieces, put in an earthen pot, add one quart of cold water and cover closely. Let it soak for one hour, then simmer gently for two hours, or until the strength is extracted from the beef; strain and season with salt and pepper.

## BEEF ESSENCE.

Mince finely one pound of lean, juicy beef, from which all fat has been removed; put in a wide-mouthed bottle or fruit-jar; cork tightly; put the jar in a kettle of cold water over a slow fire and let it simmer for three hours. Strain, season with salt and red pepper.

## BEEF JUICE.

Place half a pound of lean, juicy beef on a broiler over a clear, hot fire; heat it through; press out the juice with a lemon-squeezer into a hot cup; add salt, and serve with toast or crackers.

## MILK AND ALBUMEN.

Put into a clean quart bottle a pint of milk, whites of two eggs, a pinch of salt. Cork well and shake for five minutes.

## BEEF TEA WITH OATMEAL.

Mix a tablespoonful of well-cooked oatmeal with two of boiling water; add a cupful of strong beef tea and bring to the boiling point. Rice may be used instead of oatmeal. Salt and pepper to taste, and serve with either bread or crackers.

## CHICKEN BROTH.

A fowl cut up and skinned, the bones broken with a mallet; put into a dish with cold water enough to cover; boil slowly for three or four hours; you can use a little rice in it if you wish. 1 T. salt.

## MUTTON BROTH.

Cut fine two pounds of lean mutton, without the fat or the skin; tablespoonful of barley, one quart of cold water, teaspoonful of celery, teaspoonful of salt. Boil slowly for two hours.

## OYSTER BROTH.

Cut into small pieces a pint of oysters and one and one-half pints cold water; let them simmer gently for ten minutes over the fire; skim, strain, season and serve with toast.

## JUNKET.

1 pt. warm milk

1 T. sugar

 $\frac{1}{2}$  tablet rennet

Heat milk to lukewarm temperature, add sugar and rennet. Stir till mixed. Cool, set in cool place, do not jar. Serve with cream.

## EGG WATER.

Stir the whites of two eggs into half a pint of ice water without beating. Add enough sugar or salt to make it palatable. Especially good for children teething and for diarrhoea.

## EGG BROTH.

Beat one egg and half a teaspoonful of sugar until very light. Pour into it a pint of boiling water. Stir it to keep it from curdling. Add salt and keep it hot.

## CORN TEA.

Parch brown a cupful of dried sweet corn, grind or pound it in a mortar; pour over it two cups of boiling water. Steep for a quarter of an hour. This is a light and nutritious drink.

## RICE COFFEE.

Parch and grind like coffee half a cupful of rice; pour over it a quart of boiling water, stand where it will keep hot, but not boil. Strain, add boiled milk and sugar. Especially good for children.

## CRUST COFFEE.

Take a pint of crusts—those of Indian meal are best—brown well in a quick oven; pour over them three pints of boiling water; steep for ten minutes, and serve with cream.

## TEA.

Tea should be made in an earthen pot, first rinsing with boiling water. Allow a teaspoonful of tea to each half pint of water. Put in tea; let it stand a few minutes in the steaming pot; add freshly boiling water; let it stand where it will keep hot, but not boil, between three and five minutes.

## COFFEE.

Stir together two tablespoonfuls of coffee, four of cold water and half an egg. Pour on them a pint of freshly boiling water; let it boil for five minutes. Stir down grounds; let it stand where it will keep hot for five minutes longer, and before serving put the sugar and cream in the cups, and pour the coffee on them.

## BEEF BALLS.

Take a small piece of steak from top of round, wipe and cut in one-third inch strips. With a knife scrape the freshly cut surface, removing all that is possible of the soft part of the meat; then turn and scrape the other side. Season with salt; if pepper is desired, use sparingly. Form into small balls, using as little pressure as possible. Cook one minute in a hot omelet-pan sprinkled with salt, shaking pan to keep the balls in motion. Arrange on small pieces of buttered toast and garnish with parsley.

## LEMONADE WITH EGG.

Beat one egg with two tablespoonfuls of sugar until very light; stir in three tablespoonfuls of cold water and the juice of a small lemon. Fill a glass with pounded ice. Drink through a straw.

## BARLEY WATER.

Wash thoroughly two ounces pearl barley in cold water; add two quarts of boiling water, and boil until reduced to one quart, or about two hours, stirring frequently. Strain, add the juice of one lemon, and sweeten. For infants, omit the lemon-juice.

## TOAST WATER.

Toast three slices of stale bread very dark brown, but do not burn; put into a pitcher, pour over it a quart of boiling water, cover closely, and let it stand on ice until cold. Strain; a little wine and sugar may be added if desired. Especially good for nausea from diarrhoea.

## APPLE WATER.

Slice into a pitcher half a dozen juicy, sour apples; add a tablespoonful of sugar, pour over them one quart boiling water; cover closely until cold; strain. This is slightly laxative.

## GUM ARABIC DRINK.

Dissolve an ounce of gum arabic in a pint of boiling water; add two tablespoonfuls of sugar, a wine glass of sherry, and the juice of a large lemon. Cool and add ice.

## FLAXSEED LEMONADE.

Into a pint of hot water put two tablespoons of whole flaxseed; steep for an hour, strain and add juice of a lemon; 2 T. of sugar. Put on ice till wanted.

## IRISH MOSS.

Wash thoroughly Carrageen moss; pour over it two cups of boiling water; let it stand where it will keep hot for two hours, but do not let it boil. Strain, add juice of lemon, and sugar to taste. Slippery elm may be used in the same way, a tablespoonful of the powder to each cup of boiling water.

## BRAN TEA.

To a pint of wheat bran add a quart of boiling water; let it stand where it will keep hot, but not boil, for an hour. Strain, and serve with sugar and cream. This makes a palatable and nutritious drink.

## FLOUR GRUEL.

Mix a tablespoon of flour with milk enough to make a smooth paste, and stir it into one quart of boiling milk. Boil for half an hour, and be careful not to let it burn. Salt and strain. A very good gruel for diarrhoea.

## OATMEAL GRUEL.

Boil one tablespoonful of oatmeal and one pint of water three-quarters of an hour. Put it through strainer. If too thick reduce with boiling water, or you can add milk if you choose.

## CRACKER GRUEL.

Pour one pint of boiling water over three tablespoonfuls of fine cracker crumbs; add one teaspoonful of salt. Boil up once. Serve immediately.

## INDIAN MEAL GRUEL.

Mix a scant tablespoonful of Indian meal with a little cold water; stir into one pint of boiling water. Boil half an hour; strain and season. Sugar and milk may be added, if liked.

## ARROWROOT GRUEL.

Mix a teaspoonful of arrowroot with four of cold milk; stir it slowly into half a pint of boiling milk, and then simmer for five minutes. Must be stirred all the time. Add half a teaspoonful of sugar, one of cinnamon (or in place of cinnamon use a little brandy or a dozen large raisins.) You can make a cornstarch or rice flour gruel in the same way.

## MULLED WINE.

Into half a cup of boiling water put two teaspoonfuls broken stick cinnamon, half a dozen small cloves. Let them steep for ten

minutes, and then strain. Beat together until very light two eggs, two tablespoons sugar and stir into the spiced water. Pour into this one cup of sweet wine, boiling hot.

Pouring it several times from one pitcher to another will make it light and foamy. Serve hot. Do not boil in tin.

#### MILK PUNCH.

Half a pint of fresh cold milk, two teaspoonfuls of sugar, one ounce of brandy or sherry, and stir until the sugar is dissolved.

#### EGGNOG.

Beat the white of an egg stiff, then stir into it a tablespoonful of sugar, the yolk of the egg, tablespoonful of ice water, milk and wine. Do not beat it, but stir gently.



# Puddings

## POOR MAN'S PUDDING.

4 cups milk	1/2 t. salt
1/2 cup rice	1/2 t. cinnamon
1/4 cup molasses	1 T. butter

Wash rice; mix ingredients, pour into buttered baking dish. Bake slowly 3 hours. Stir with fork. Add butter towards last of cooking.

## BANANA BETTY.

Remove crusts from part of a loaf of stale bread. Slice as thin as possible. Brown delicately, spread with butter. Butter baking dish, sprinkle with crumbs, add layer of toast, layer of bananas peeled and cut in quarters, lengthening. Sprinkle with sugar, cinnamon, lemon juice. Repeat. Add 1 cup boiling water. Cover with crumbs. Bake covered. Serve with lemon juice.

## CHOCOLATE STEAMED PUDDING.

3 T. butter	2 1/4 cups flour
2-3 cups sugar	4 1/2 t. baking powder
1 egg	2 sq. chocolate
1 cup milk	1/4 t. salt

Cream butter, add sugar, egg well beaten. Mix and sift flour, salt and baking powder, add alternately with milk, add chocolate. Turn in mould. Steam 2 hours.

## APPLE FLOAT.

16 apples	3/4 cups sugar (put in warm)
Whites 2 eggs	Whipped cream

Pare, quarter, core apples. Cook in double boiler till soft. Beat free from lumps, when soft add warm sugar. Beat eggs dry. Add apple, beat until light. Serve with whipped cream.

## CHOCOLATE CUSTARD.

2 cups milk	3 T. grated chocolate
3 yolks	1 t. vanilla
1/4 cup sugar	

Put milk in double boiler; when hot, add egg yolks, sugar and grated chocolate. Cook until spoon is coated. Use egg whites for meringue.

## STEAMED FRUIT PUDDING.

1½ C. shredded wheat crumbs rolled and sifted	¼ C. chopped English walnuts
½ C. whole wheat flour	⅛ t. nutmeg
¼ C. sugar	½ wine glass sherry wine
¼ C. chopped suet	¼ C. shredded figs
1 t. baking powder	¼ C. shredded dates
½ t. salt	¼ C. chopped apple
⅛ t. cinnamon	2¼ C. milk

Directions: Roll all chopped fruit and suet in flour. Sift all dry ingredients. Have water boiling before pudding is put in kettle. Butter the mould, place on trivet. Steam 2½ hours.

## SUET PUDDING.

2½ C. flour	⅛ t. cinnamon
1 t. soda	⅛ t. nutmeg
½ t. salt	1 C. raisins or currants
1¼ C. milk	½ C. molasses
1 C. chopped suet	

Steam three hours in buttered mould.

## SAUCE.

1 T. cornstarch dissolved in milk or water	1 T. butter
1 C. sugar	1 egg
	¼ t. vanilla

## SUET STEAMED PUDDING.

1 C. chopped suet	1 t. salt
½ C. molasses	½ t. ginger
1½ C. milk	½ t. clove
3 C. flour	½ t. nutmeg
1 t. soda	1 t. cinnamon

Mix and sift dry ingredients. Add molasses and milk to suet, combine mixtures. Turn into buttered moulds. Steam 3 hours. Serve with hard sauce or sterling sauce.

## STERLING SAUCE.

½ C. butter	1 t. vanilla
1 C. brown sugar	4 T. milk

Cream butter. Add sugar gradually, and milk and flavoring slowly to prevent separation.

## CHOCOLATE BREAD PUDDING.

2 C. bread crumbs	$\frac{1}{2}$ C. sugar
3 C. scalded milk	$\frac{1}{4}$ t. salt
1 egg	1 sq. chocolate, melted

Scald milk, break bread in small pieces, pour on milk, add sugar, salt, egg well beaten. Let stand 1 hour, then bake until slightly firm.

## HARD SAUCE.

1 C. confectioner's sugar	1-3 C. butter
1-3 t. vanilla	

Cream butter, add sugar gradually, add flavoring. Make in fan-

## CHOCOLATE CORNSTARCH PUDDING.

4 cups milk	2 T. hot water
3 T. cornstarch	4 T. sugar
$\frac{1}{2}$ cup sugar	1 t. vanilla
2 eggs	f. g. cinnamon
2 sq. chocolate	

Mix cornstarch with a little cold milk, scald remainder of milk. Beat eggs, add sugar, pour scalded milk over eggs. Melt chocolate, add water and sugar, when smooth, add to milk mixture. Cook 10 min. Mould.

## YORKSHIRE PUDDING.

1 cup milk	2 eggs
1 cup flour	$\frac{1}{4}$ t. salt

Mix salt and flour, add milk gradually to form a smooth paste, then eggs beaten light. Cover bottom of pan with melted fat. Bake 25 min. in hot oven. Cut in squares when serving.

## RICE PUDDING WITH PEACHES.

3 cups milk	6 T. sugar
$\frac{1}{4}$ t. salt	2 eggs
$\frac{1}{2}$ cup rice	$\frac{1}{2}$ cup peaches

Cook blanched rice in milk in double boiler covered till soft, add sugar, eggs well beaten and peaches. Bake 10 minutes.

## ORANGE PUDDING.

Cut 5 oranges in slices. Place in glass dish, add 1 cup sugar. Let stand covered. Make a custard of

1 cup sugar	1 T. cornstarch
3 egg yolks	1 pt. milk
$\frac{1}{4}$ t. vanilla	

Use whites of eggs for meringue. Pour custard over oranges.

## COFFEE SOUFFLE.

1½ cups strong coffee	1 t. gelatine
1 cup milk	¼ t. salt
1-3 cup sugar	¼ cup water
3 eggs	

Hydrate gelatine in water. Put coffee and milk in double boiler, add dissolved gelatine. Beat egg yolks slightly, add sugar and salt. Pour hot mixture on eggs, stirring constantly. Cook till spoon is coated. Let stand in dish cooked in, stirring occasionally. Fold in egg whites beaten stiff when cool. Before it thickens pour into mould.

## RHUBARB PUDDING.

Butter baking dish. Cover bottom with slices of bread well buttered. Cover with cubes of rhubarb. Sprinkle with sugar. Repeat. Bake covered 30 min.

## GRAHAM PUDDING.

2 C. graham flour	1 C. molasses
1 C. raisins	1 C. sweet milk
½ t. salt	2 t. soda

Steam 2 hours. Serve with hard sauce.

## DATE PUDDING.

1 C. suet or butter	½ t. salt
1 C. sugar	1 T. cinnamon
1 C. milk	2 T. baking powder
1 lb. dates	3 C. flour
2 eggs	

Sift dry ingredients, stone dates, cut in small pieces, roll in flour, add egg yolks beaten light, fruit, milk, and egg whites beaten stiff fold in last. Steam 3 hours.

## SALLY LUNN.

1 cup scalded milk	3 eggs
2 T. butter	¼ cup lukewarm water
2 T. sugar	½ yeast-cake
½ t. salt	Flour

Scald milk. Dissolve yeast-cake in cup warm water. Pour milk over butter and salt. When lukewarm, add yeast and flour to make a stiff batter. Let rise till light. Beat eggs well. Whip into batter, pour into buttered gempans. Let rise again. Bake.

## SNOW PUDDING.

Make a lemon jelly. Place in bowl of ice. When it begins to thicken, beat with Dover egg-beater until it becomes white and a mass of froth. Turn into mould to harden. Serve with boiled custard or any preserve or compote of fruit.

## CARMEL CUSTARD.

2 cups scalded milk	$\frac{1}{2}$ t. vanilla
2 eggs slightly beaten	3-8 cup sugar
$\frac{1}{4}$ t. salt	

Melt sugar till water is evaporated. Add milk gradually, eggs slightly beaten, add salt and vanilla. Bake as custard in buttered mould.

## COTTAGE PUDDING.

$\frac{1}{4}$ cup butter	$2\frac{1}{4}$ cups flour
2-3 cup sugar	4 t. baking powder
1 egg	$\frac{1}{2}$ t. salt
1 cup milk	

Cream butter, add sugar gradually, egg well beaten; sift baking powder with flour and salt and add alternately with milk. Bake 35 min. Serve with lemon sauce.

## LEMON SAUCE.

$\frac{1}{2}$ cup sugar	2 T. butter
1 cup boiling water	$1\frac{1}{2}$ T. lemon-juice
1 T. cornstarch	1-16 t. salt

Mix sugar and cornstarch, add water gradually. Cook 5 min. Add butter and flavoring just before serving.

## PLUM PUDDING.

$3\frac{1}{2}$ C. flour	1 t. ground cloves
1 C. seeded raisins	2 t. ground cinnamon
1 C. currants	1 C. molasses (warmed)
1 C. chopped suet	1 C. milk
$\frac{1}{4}$ lb. chopped citron	1 t. soda
1 t. salt	

Mix all dry ingredients except soda. Add milk slowly, sift soda into molasses and add to rest quickly. Put into an oiled melon mould. Steam 4 hours. When done cover with English walnuts, sticking them in about  $\frac{1}{4}$  inch. Pour a glass of brandy over all. Ignite the brandy, place on table while burning. Serve with hard sauce flavored with nutmeg, cinnamon and wine.

## CREAM PUFFS.

½ cup butter	4 eggs
1 cup boiling water	1 cup flour

Put butter and water in saucepan. When boiling add flour all at once; stir till smooth. Remove from fire, add unbeaten eggs one at a time. Mix thoroughly. Drop by spoonfuls on buttered sheet 1½ inches apart. Bake 30 min. in moderate oven. Make incision in top large enough to admit filling.

## CREAM FILLING.

⅞ cup sugar	2 cups scalded milk
⅛ t. salt	5 T. flour
2 eggs	¼ t. lemon extract

Mix dry ingredients; add egg slightly beaten. Pour on scalded milk. Cook 5 min. Stir till thick; cool and flavor.

## COFFEE CORNSTARCH PUDDING.

2-3 cup strong coffee	1-3 cup sugar
2½ T. cornstarch	¼ cup cold water
½ cup English walnut meats	

Put coffee in double-boiler; add sugar, dissolve cornstarch in cold water and add. Cook till thickens. Add chopped walnuts. Pour in moulds. Serve with whipped cream and sugar.

## CHARLOTTE RUSSE.

1 cup cream	3 T. powdered sugar
1 egg white	½ t. vanilla

Beat cream till stiff. Beat egg white stiff; add gradually, sugar and flavoring. Combine with cream. Line glass cups with sponge-cake, cut in narrow strips, or lady-fingers. Fill with mixture. Garnish with Angelica or cherries. Serve very cold.

## DATE FILLING.

1 lb. dates	Grated rind and juice of one
1 cup water	lemon
1 T. sugar	½ T. butter

Cook all till soft. Spread on bread.

## CAMEL PUDDING.

½ cup brown sugar	3 T. cornstarch
2 cups milk	1 t. vanilla
½ cup water	1 egg

Melt sugar. Add water. Stir till dissolved. Scald milk, add cornstarch moistened with milk. Cook 5 min. Add caramel, egg well beaten. Cook 1 min. Add vanilla. Pour into mould. Serve with whipped cream.

## SNOW BALLS.

½ cup butter	2¼ cups flour
½ cup sugar	3½ t. baking powder
½ cup milk	4 egg whites

Cream the butter; add sugar gradually. Sift flour with baking powder and add alternately with milk, add whites beaten stiff. Steam 40 min. in buttered cups or mould. Serve with fruit or sauce.

## ORANGE TRIFLE.

2 T. gelatine	Grated rind one lemon and orange
¼ cup cold water	Juice 1 lemon
½ cup boiling water	1 jar cream
1 cup sugar	
1 cup orange juice	

Hydrate gelatine. Add sugar to fruit juices. Add gelatine to boiling water. Pour over fruit juices when it begins to thicken. Fold in cream beaten.

Or make orange jelly reserving ¼ of mixture. Chill and fold cream in remaining mixture. When firm turn out, garnish with cubes of orange jelly.

## CARMEL PUDDING.

¾ cup brown sugar	2 cups milk
½ cup water	1 egg
3 T. cornstarch	1 t. vanilla

Cook sugar to a caramel, add ½ cup water and stir till dissolved. Moisten the cornstarch with a little cold milk. Scald milk in double boiler and add the cornstarch. Cook briskly 5 min. Add caramel, stirring constantly. Add egg well-beaten. Cook one min. Cool slightly, add vanilla, and pour into mould. When cold, turn out and serve with whipped cream.

## IRISH MOSS BLANC MANGE.

½ cup Irish moss	1 qt. milk
1 ss. salt	1 t. vanilla

Pick over the moss. Wash moss and soak it in cold water 15 min. Tie in cheese-cloth bag and put into double boiler with milk. Boil until the milk will thicken when cooled in a spoon. Add salt, strain and flavor. Mould in egg shells. Break pieces from end of egg shell size of 5c piece. Turn out egg. Scald out shell. Stand upright in flour. Fill with blanc mange. When stiff, pick shell off carefully. Put maraschino cherry on top. Serve with thin cream flavored with fruit juice.

## FOAMY SAUCE.

Whites 2 eggs	1 t. vanilla
1 cup powdered sugar	1 T. grape jelly
$\frac{1}{4}$ cup hot milk	

## FLOATING ISLAND.

1 pt. water	3 egg whites
1 cup sugar	Juice of 3 lemons
2 T. gelatine	

Mix sugar and water. When boiling remove from fire, add lemon juice and hydrated gelatine. Stir till dissolved. Allow to cool. Stir often to prevent settling. Beat egg whites, fold in mixture when just beginning to become hard. Pour in mould. Serve with custard made from yolks. Garnish with violets.

## BANANA PUDDING.

1 qt. milk	$\frac{1}{2}$ C. sugar
3 yolks of eggs	1 t. cornstarch

Make custard. Slice 3 bananas very thin. Place in pudding dish; pour custard over them. Make meringue of 3 whites. Cover top; bake till golden brown.

## CHOCOLATE BREAD PUDDING.

2 C. bread crumbs	$\frac{1}{4}$ t. salt
3 C. scalded milk	1 egg
$\frac{1}{2}$ C. sugar	1 sq. chocolate, melted

Scald milk, break bread in small pieces, pour on milk, add sugar, salt, egg well beaten. Let stand 1 hour, then bake until slightly firm.

## STEAMED PUDDINGS

## FIG PUDDING.

$\frac{1}{2}$ cup chopped figs	$\frac{1}{2}$ cup chopped almonds
$\frac{1}{2}$ cup chopped suet	4 eggs
2 cups bread-crumbs	2 tsp. baking-powder
$\frac{1}{2}$ cup sugar	2 tsp. lemon-juice
1 cup milk	1 tsp. almond flavoring
$\frac{1}{4}$ cup flour	

Flour the fige and suet. Soak the bread-crumbs in the milk, add the sugar, then the yolks of eggs, and beat well; then add slowly, stirring all the time, the figs, suet, almonds, flour mixed with baking-powder, flavoring, and lastly the whites of eggs well beaten. Turn



into a buttered mould, filling three-fourths full; steam for three hours. This mixture will fill twelve individual moulds. If small moulds are used, place a star of Angelica in the bottom of each one, and cover it with a thin layer of boiled rice; then fill them one-fourth full with the pudding-mixture. Place them in a pan of hot water, cover with buttered paper and poach on the top of the range  $1\frac{1}{2}$  hours. This pudding can have brandy poured over it, and lighted the same as plum pudding. Serve with foamy sauce.

#### FRENCH FRUIT PUDDING.

1 cup chopped suet	1 tsp. clove
1 cup molasses	$\frac{1}{2}$ tsp. salt
cup sour milk	$1\frac{1}{4}$ cups chopped raisins
$1\frac{1}{2}$ tsp. soda	$\frac{3}{4}$ cup currants
1 tsp. cinnamon	$2\frac{1}{2}$ cups flour

Add molasses and sour milk to suet. Add two cups flour sifted with soda, salt and spices. Add fruit, covered with the remaining flour. Turn into buttered mould, cover and steam four hours. Serve with foamy sauce.

$\frac{1}{2}$ cup butter	1 egg
1 cup powdered sugar	2 T. wine or vanilla

Cream butter, add gradually sugar, egg well beaten, and flavoring. Beat while heating over hot water.

#### STEAMED FRUIT PUDDING, NO. 2.

(Vital Question, No. 77.)

3 cups Shredded Wheat	$2\frac{1}{4}$ cups milk
Biscuit crumbs sifted	$\frac{1}{4}$ tsp. nutmeg
$\frac{3}{4}$ cup entire wheat flour	1 wine glass sherry wine
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup shredded figs
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup shredded dates
2 tsp. baking powder	$\frac{1}{2}$ cup shredded nuts
1 tsp. salt	(English walnuts and
$\frac{1}{4}$ tsp. cinnamon	almonds)

Have water boiling before beginning the pudding. Rub crumbs, butter and sugar together; add flour and baking-powder sifted together; spice, salt, fruit, nuts, wine, mix well, add the milk, turn into a buttered mould, and steam three hours.

#### SHREDDED WHEAT BISCUIT, STEAMED FRUIT PUDDING, AND HARD SAUCE.

(Vital Question, No. 78.)

3 cups rolled shredded wheat biscuit	1 cup entire wheat flour
	$\frac{1}{2}$ tsp. baking powder

½ cup water	¼ tsp. nutmeg
1 cup washed and chopped raisins	1 scant tsp. soda
2 apples chopped with raisins	¼ tsp. cinnamon
¼ tsp. salt	¾ cup molasses
	2 cups sweet milk

Put the water on to boil before beginning the pudding. Then butter the mold. Mix the butter and rolled Shredded Wheat Biscuit together. Add the flour in which the baking powder has been mixed, then the salt, cinnamon, nutmeg and chopped fruit. Mix well. Add the soda to the molasses, stir till foamy, add to the mixture. Mix, and add the two cups milk; stir it in well, pour into the buttered mould, cover, put into the kettle of boiling water and cook three hours. Serve with hard sauce.

#### APPLE AND BROWN BREAD PUDDING.

1 pt. brown bread crumbs	2 T. flour
2-3 C. suet or 3 t. lard	1 egg
1 pt. chopped apple	1 C. milk
½ t. salt	½ t. ginger

Mix crumbs and lard, add apple, salt, flour. Beat egg, add milk; stir into dry ingredients. Steam 2 hours. Serve with lemon or hard sauce.

#### COCOANUT SNOW PUDDING.

2½ T. gelatine	2 C. boiling water
½ C. cold water	2-3 C. sugar
3 egg whites	½ C. pineapple
¾ C. cocoanut	

Hydrate gelatine. Scald pineapple. Mix sugar and boiling water; add gelatine and pineapple. Place in pan of ice water. When mixture begins to thicken add cocoanut and beat with egg beater. When mixture is white fold in whites beaten stiff. Mould and serve with cream.

#### INDIAN PUDDING.

3 C. milk (scalded)	¾ t. salt
1-3 C. Indian meal	¾ t. ginger
¼ C. molasses	⅛ C. sugar
1 egg	

Pour scalded milk slowly on meal. Cook in double boiler 20 min. Add molasses, sugar and salt and ginger. Lastly add egg well beaten. Pour into buttered dish. Cook in moderate oven until firm, about 1 hour.

## DUTCH APPLE PUDDING.

Make dough of—

2 C. sifted pastry flour	$\frac{1}{4}$ C. butter or lard
$\frac{1}{2}$ t. salt	1 egg
$3\frac{1}{2}$ t. baking powder	$\frac{7}{8}$ C. milk

Spread dough in baking-dish, place apples pared, cored, and cut in  $\frac{1}{2}$  inch pieces in dough in two layers. Sprinkle with sugar and cinnamon. Bake in oven until apples are soft. Serve with lemon sauce or whipped cream.

## SUET PUDDING.

2 C. graham flour	1 C. chopped suet rolled in flour
1 C. raisins or currants	
1 ss. salt	$\frac{3}{4}$ C. milk
$\frac{1}{8}$ t. cinnamon	$\frac{1}{2}$ C. molasses
$\frac{1}{8}$ t. nutmeg	$\frac{1}{2}$ t. soda

Steam 3 hour sin buttered mould.

## NORWEGIAN PRUNE PUDDING.

$\frac{1}{2}$ lb. prunes	1 1-3 C. boiling water
2 C. cold water	5 T. cornstarch
1 C. sugar	1 T. lemon juice

Pick over and wash prunes. Soak 1 hour in cold water, boil in same water until soft. Remove stones, obtain meat from a few stones, add sugar and boiling water. Dilute cornstarch with cold water enough to pour easily, add to prune mixture and cook five minutes. Mould, serve with custard or cream.

## Desserts

### PRUNE WHIP.

1-3 lb. prunes 1/2 cup sugar  
Whites 5 eggs 1/2 tbl. lemon-juice

Pick over and wash prunes. Soak 1 hour in cold water, boil in water to cover; cook in same water until soft; remove stones and rub prunes through a strainer; add sugar and cook five minutes; the mixture should be the consistency of marmalade. Beat whites until stiff, add prune mixture gradually when cold, and lemon-juice. Pile lightly on buttered pudding-dish; bake twenty minutes in slow oven. Serve cold with boiled custard.

### CUSTARD.

1 pt. milk 1/4 C. sugar  
3 egg yolks Pinch salt

### CIRCISSIAN PUDDING.

Boil six tablespoonfuls of bread-crumbs in two cupfuls of milk; then add the yolks of three eggs beaten with six tablespoonfuls of sugar and one teaspoonful of butter; take from the fire and stir in slowly the well-beaten whites of the eggs; add one teaspoonful of vanilla and a grating of nutmeg; when cold put it in a dish and bake a light brown; serve with foam sauce.

### FOAM SAUCE.

Beat the whites of three eggs to a stiff froth; add half a cupful of powdered sugar, and flavor with vanilla, sherry, brandy or the juice of a lemon; add quickly one cupful of boiling water and serve at once.

### CHOCOLATE AND ALMOND PUDDING.

(a) 1 tbl. butter, 1/2 cup flour, 1/2 cup grated chocolate, 1/2 cup milk.

(b) 5 egg yolks beaten with 3/4 cup sugar until very creamy; 1 cup almonds chopped fine, rolled in flour.

(c) Whites beaten stiff.

Mix *a* thoroughly; cook until boiling, turn out to cool, then add *b*, a spoonful at a time, beating constantly; fold in *c*, fill buttered mould, steam one hour, turn out and serve with hard sauce.

## GINGER PUDDING.

1-3 c. butter	3½ tsp. baking powder
½ c. sugar	¼ tsp. salt
1 egg	¼ c. ginger cut in cubes
2¼ c. flour	1 c. milk

Cream butter, add sugar gradually and egg well beaten; mix and sift the dry ingredients; add alternately with milk. Turn into buttered mould, cover and steam two hours. Serve with boiled custard (1 pt. milk), flavored with 2 tbl. syrup from ginger.

## SNOWBALLS.

Snowballs are made of three eggs, one cupful of sugar, one scant cupful of sifted flour, one teaspoonful and a half of baking powder, three tablespoonfuls of water, the grated yellow rind of one lemon and two tablespoonfuls of lemon-juice.

Beat the sugar and yolks of eggs together until light, and beat the whites to a stiff froth in another bowl. Now beat the water, lemon-rind and juice into the yolks and sugar; then add the beaten whites, and finally the flour and baking powder mixed. Stir quickly and well. Pour this batter into fifteen little stone or earthen cups that have been well buttered, and cook in a steamer for half an hour. Have three tablespoonfuls of powdered sugar on a plate, and when the snowballs are done, turn them out of the cups upon this plate and roll them in the sugar. Serve at once with hot, clear wine sauce.

## CHERRY TAPIOCA.

Cover one cupful of pearl tapioca with two cupfuls cold water; let it stand until all the water is absorbed; now put the tapioca into a double boiler, add the juice from one pint can cherries and cook slowly about half an hour; then stir in the cherries, turn into a mould, and when very cold *turn into* a glass dish, and serve with *whipped cream sauce*.

## WHIPPED CREAM SAUCE.

Whip one cupful of cream; add half a cupful of powdered sugar, the white of one egg, beaten stiff, and one teaspoonful of vanilla.

## APPLE PORCUPINE.

Wipe, core and pare 6 apples. Make a syrup of 1½ C. water. Boil 8 min., add apples and cook until soft. Remove apples, fill cavities with jelly, stick almonds into apples. Pour syrup around apples.

## MAPLE MOUSSE.

1¼ T. granulated gelatine	¼ C. cold water
¼ C. cold water	3 yolks of eggs
2 C. maple sugar	1 pint thick cream

Put gelatine in cold H<sub>2</sub>O for 1 hour. Place mould in cold water. Add water to sugar, stir until dissolved and cook until it hairs. Remove from fire, add gelatine slowly, stirring well. Allow mixture to cool slightly. Add one-half syrup slowly to beaten eggs. Turn into remaining syrup. Beat with Dover egg beater until cold. Beat cream, fold cream into mixture, turn into mould. Pack in ice for 3 hours, or leave in cold place over night.

#### TAPIOCA CREAM.

¼ C. pearl tapioca or	2 egg yolks
1½ T. minute tapioca	1-3 C. sugar
2 C. scalded milk	¼ t. salt
1 t. vanilla	2 egg whites

Wash tapioca and soak 1 hour in cold water to cover; then cook until transparent, drain, add scalded milk, egg and sugar. Cook as for a custard. Cool, add beaten egg whites (stiff), add vanilla.

#### PRUNE WHIP.

1-3 lb. prunes	Whites 5 eggs
½ cup sugar	½ T. lemon juice

Pick over and wash prunes, then soak 1 hour in cold water to cover. Cook in same water until soft. Remove stones and rub prunes through a strainer, add sugar, cook 5 min. Beat egg whites stiff, add prune mixture when cold, and lemon juice. Put in buttered baking dish and bake 20 min. in slow oven. Serve cold with boiled custard.

#### APPLE CHARLOTTE.

4 medium apples	¼ t. cream of tartar
Rind of ½ lemon	1 egg white
¼ C. water	½ C. candied fruit
½ C. sugar	Juice of 1 lemon
¼ C. boiling water	2 T. granulated gelatine
Lady fingers	¼ C. cold water
1 C. whipped cream	

Pare and cook apples with lemon rind until tender, strain, cook sugar and water until it threads. Remove from fire, add cream of tartar and pour slowly on beaten egg white. Beat until creamy, add apple pulp and fruit in lemon juice. Dissolve hydrated gelatine over hot water and add to mixture. Let cool, and when thick, fold in whipped cream, turn into mould lined with lady fingers.

#### MOSAIC JELLY.

1½ C. milk	2 T. sugar
1 slice lemon rind	1 bay leaf
Yolks 2 eggs	1 T. gelatine

Scald milk with lemon rind, bay leaf and sugar. Add gelatine which has been soaked in  $\frac{1}{4}$  C. of the milk. Stir till dissolved and strain on to the yolks of eggs well beaten. Return to fire (over hot water) and stir till thickened. Remove from fire and color one-half either pink or green, allow other part to remain plain. Turn into two shallow pans and when firm cut in circles.

Line a mould with lemon jelly and garnish sides and bottom with colored circles. Fill with plain jelly or melt scraps left and add some lemon jelly to each and put into mould in alternate layers.

#### LEMON JELLY.

1 pt. water	Rind and juice of two lemons
$1\frac{1}{2}$ inch stick cinnamon	6 cloves
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ package Knox's gelatine

Soak gelatine in  $\frac{1}{2}$  C. cold water. Put remainder of water on with sugar, cinnamon, cloves and lemon rind. Allow to come slowly to boiling point, add gelatine and lemon juice. Do not boil. Strain through flannel bag. If a clear jelly is desired, cool mixture, add whites and shells of 2 eggs beaten slightly. Return to fire, beat constantly until it boils. Let boil 1 min. Strain through flannel bag.

#### ROLLED WAFERS.

$\frac{1}{4}$ C. butter	$\frac{1}{4}$ C. milk
$\frac{1}{2}$ C. powdered sugar	$\frac{7}{8}$ C. bread flour
$\frac{1}{2}$ t. vanilla	

Cream butter, add sugar gradually, milk very slowly and then flour and flavoring. Spread very thin on the top of an inverted bread pan. Crease in 3 inch squares. Bake in slow oven until delicately brown. Roll into cornucopia shape over handle of wooden spoon. Color with vegetable coloring if desired.

#### LEMON JELLY.

$\frac{1}{2}$ box or 1 oz. gelatine	1 cupful sugar
$\frac{1}{2}$ cupful of cold water	Juice of 3 lemons, filtered
2 cupfuls of boiling water	Thin slices of lemon rind

Soak the gelatine in one-half cupful of cold water for one hour or more. Put the boiling water, the sugar and a few thin slices of lemon-peel in a saucepan on the fire. When the sugar is dissolved, add the soaked gelatine, and stir until that also is dissolved; then remove, and when it is partly cooled add the lemon-juice. Strain it through a felt or flannel, and turn it into the mould. This will make one quart of jelly.

#### COFFEE JELLY.

Use the recipe for lemon jelly, using three-fourths cup of strong

filtered coffee instead of lemon. Mould in a ring and fill the centre with whipped cream. Strain coffee through double cheese cloth.

#### WHIPPED JELLY OR SNOW PUDDING.

Make a lemon jelly. Place it in a bowl on ice; when it is cold, but before it begins to harden, beat it with a Dover beater until it becomes white and a mass of froth. Turn it into a mould to harden. Serve with it a sauce made of boiled custard, or any preserve that will go well with flavoring, or a compote of orange or any fruit.

#### RUSSIAN JELLIES.

For these double moulds are used.

No. 1. Make the outside layer of any transparent jelly. When hard, remove the inner mould and fill the space with the same jelly whipped until foamy.

No. 2. The outside of transparent jelly, the inside one of different color and flavor, such as champagne and maraschino colored pink, orange and strawberry, lemon and coffee.

No. 3. The outside champagne jelly, inside whipped jelly, with macedoine of fruits.

No. 4. The outside fruits in clear jelly, the inside Bavarian cream.

#### PRUNE WHIP.

1-3 lb. prunes	1/2 cup sugar
Whites 5 eggs	1/2 tbl. lemon juice

Pick over and wash prunes. Then soak several hours in cold water to cover; cook in same water until soft; remove stones and rub prunes through a strainer; add sugar and cook five minutes; the mixture should be the consistency of marmalade. Beat whites until stiff, add prune mixture gradually when cold, and lemon-juice. Pile lightly on buttered pudding-dish; bake 20 minutes in slow oven. Serve cold with boiled custard.

#### CIRCASSIAN PUDDING.

Boil six tablespoonfuls of bread crumbs in two cupfuls of milk; then add the yolks of three eggs beaten with 6 tablespoonfuls of sugar and one teaspoonful of butter; take from the fire and stir in slowly the well-beaten whites of the eggs; add one teaspoonful of vanilla and a grating of nutmeg; when cold, put it in a dish and bake a light brown; serve with foam sauce.

#### FOAM SAUCE.

Beat the whites of three eggs to a stiff froth; add half a cupful of powdered sugar, and flavor with vanilla, sherry, brandy, or the



juice of a lemon; add quickly one cupful of boiling water, and serve at once. Grape juice may be used.

#### CHOCOLATE AND ALMOND PUDDING.

(a) 1 tbl. butter,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  cup grated chocolate,  $\frac{1}{2}$  cup milk.

(b) 5 egg yolks beaten with  $\frac{3}{4}$  cup sugar until very creamy; 1 cup almonds chopped fine.

(c) Whites beaten stiff.

Mix "a" thoroughly; cook until boiling, turn out to cool, then add "b," a spoonful at a time, beating constantly; fold in "c," fill buttered mould, steam one hour, turn out and serve with hard sauce.

#### GINGER PUDDING.

1-3 c. butter

$\frac{1}{2}$  C. sugar

1 egg

$2\frac{1}{4}$  c. flour

$\frac{1}{4}$  c ginger cut in cubes

$3\frac{1}{2}$  tsp. baking powder

$\frac{1}{4}$  tsp. salt

1 c. milk

Cream butter, add sugar gradually and egg well beaten; mix and sift to dry ingredients; add alternately with milk. Turn into buttered mould, cover and steam two hours. Serve with boiled custard (1 pt. milk), flavored with 2 tbl. syrup from ginger.

#### SNOWBALLS.

Snowballs are made of three eggs, one cupful of sugar, one cupful of sifted flour, one teaspoonful and a half of baking powder, three tablespoonfuls of water, the grated yellow rind of one lemon and two tablespoonfuls of lemon-juice.

Beat the sugar and yolks of eggs together until light, and beat the whites to a stiff froth in another bowl. Now beat the water, lemon rind, and juice into the yolks and sugar; then add the beaten whites, and finally the flour and baking powder mixed. Stir quickly and well. Pour this batter in 15 little stone or earthen cups that have been well buttered, and cook in a steamer for half an hour. Have three tablespoonfuls of powdered sugar on a plate, and when the snowballs are done, turn them out of the cups upon this plate and roll them in the sugar. Serve at once with hot, clear wine-sauce.

#### CHERRY TAPIOCA.

Cover one cupful of pearl tapioca with two cupfuls of cold water. Let it stand until all the water is absorbed; now put the tapioca into a double boiler, add the juice from one pint can cherries, and cook slowly about half an hour; then stir in the cherries, turn into a mold, and when very cold turn into a glass dish, and serve with whipped cream sauce.

## WHIPPED CREAM SAUCE.

Whip one cupful of cream; add half a cupful of powdered sugar, the white of one egg, beaten stiff, and one teaspoonful of vanilla.

## CHOCOLATE AND ALMOND PUDDING.

1 t. butter	$\frac{1}{2}$ C. milk
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ C. flour
$\frac{1}{2}$ C. grated chocolate	$\frac{1}{2}$ C. chopped almonds

Cook all in double boiler, cool, then add 5 yolks beaten well,  $\frac{3}{4}$  C. sugar. Mix well, fold in beaten whites, put in buttered mould, steam 1 hour. Serve with hard sauce.

## CHOCOLATE SAUCE NO. 1.

2 C. water	1 C. milk
1 C. sugar	2 sq. chocolate
2 T. cornstarch	$\frac{1}{8}$ t. salt

## CHOCOLATE CORNSTARCH PUDDING.

1 C. milk	5 T. cornstarch
$1\frac{1}{2}$ C. water	$\frac{3}{4}$ C. sugar
1 sq. chocolate	

Scald milk and water, add chocolate to milk. Mix sugar with cornstarch, add to milk mixture. Cool until thick, serve with whipped cream.

## CHOCOLATE SAUCE NO. 2.

2 C. milk	1 t. vanilla
$1\frac{1}{2}$ T. cornstarch	2 eggs
2 sq. chocolate	4 T. powdered sugar
2 t. hot water	2-3 C. powdered sugar

Scald milk, add cornstarch mixed with a little cold milk, cook 8 min. Melt chocolates, add 4 T. powdered sugar and hot water. Stir till smooth, and add to cooked mixture. Beat whites stiff, add powdered sugar, add egg yolks unbeaten, stir into cooked mixture, cook 1 min., add vanilla.

## COFFEE ICE CREAM.

$2\frac{1}{2}$ C. milk	1 jar cream
$1\frac{1}{4}$ C. sugar	2 egg yolks
$\frac{1}{2}$ C. coffee	$\frac{1}{8}$ t. salt

Scald milk with coffee, mix sugar, eggs and salt together, pour milk over. Cook as for custard.

## MACAROON CREAM.

1½ T. granulated gelatine	3 egg yolks
¼ C. cold water	1-3 C. sugar
2 C. scalded milk	⅛ t. salt
3 egg whites	2-3 C. pounded macaroons
1 t. vanilla	

Soak gelatine in water, make custard of milk, eggs, sugar and salt. Add dissolved gelatine, add macaroons and flavoring, stirring until it thickens, then add whites of egg beaten stiff. Mould. cy shapes.

## MERINGUE.

Whites 3 eggs (beaten stiff)	3 drops lemon extract
2 T. confectioner's sugar	Bake till brown

## BROWNIES.

1 C. sugar	2 eggs
¼ C. butter	2 sq. chocolate
¼ C. milk	1 t. vanilla
1 C. chopped nuts	1-16 t. salt
2-3 C. flour	

Cream butter, add sugar, milk, eggs beaten light, flour, salt and melted chocolate, nuts and vanilla. Spread thin in tin, bake 15 min. Cut in squares. Will make 40.

## BLUSHING APPLES WITH ORANGE SAUCE.

Core 6 red apples and cook without removing skins in boiling water until tender. Turn often. Remove apples to a plate, take off skins, scrape off red pulp on skin, replace it on apples. Reduce the water to 1 C., add 1 C. sugar and juice of one orange, also grated rind. Simmer until thick. Serve with whipped cream.

## ORANGE SAUCE.

1¼ C. butter	½ t. salt
¼ C. flour	1-16 t. cayenne
1 1-3 C. brown stock	Juice of 2 oranges

Make as a white sauce. Add orange juice just before serving. Serve with roast duck.

## CARAMEL APPLES.

6 tart apples	1 C. granulated sugar
1 C. brown sugar	1 C. water
¼ C. cream	1 C. cream whipped
1 T. butter	1 T. granulated gelatine
1 C. chopped nuts	⅛ C. water

Add water to sugar, put on to heat to a syrup, peel and core apples, cook slowly in syrup. Turn often and keep whole. Remove apples when soft. Add hydrated gelatine to syrup, beat until cold. Cook brown sugar, cream and butter to the ball stage, then add nuts, beating all of the time. Place apples on serving dish, pour mixture containing nuts in centre. Pour syrup around apples. Place on ice to cool. Garnish with whipped cream.

## APPLE TAPIOCA.

½ C. tapioca	½ t. salt
8 apples	Grated rind and juice
½ C. sugar	of one lemon
3 C. boiling water	

Cook tapioca in boiling water until transparent, add salt and lemon rind and sugar. Core, pare and cut apples into ⅛ inch pieces. Arrange in baking dish, pour the lemon juice over apples, add tapioca, bake until apples are tender, add 1 T. butter before taking from oven.

## RICE SURPRISE.

1 C. rice	1 pt. cold chopped meat
1 C. tomato or white sauce	½ t. salt
⅛ t. pepper	

Boil rice in plenty of water, drain and line a mould. Fill with meat seasoned and moistened with sauce. Cover with rice. Bake in pan of water 40 min. Serve with tomato sauce.

## VENETIAN CAKES.

½ C. butter	3 egg yolks
½ C. powdered sugar	½ C. almonds (enough to
1½ C. pastry flour	put one on each cake)
1 t. vanilla	

Cream butter and sugar till light, add yolks well beaten, mix well, add vanilla and flour. Take piece of dough, dip in powdered sugar, roll into small ball ½ inch in diameter, press one almond on top. Place balls a little distance apart on floured pans. Bake in moderate oven 10 or 15 min.

## CHOCOLATE CORNSTARCH PUDDING.

2 C. milk	3 egg whites
6 T. cornstarch	½ t. vanilla
6 t. sugar	1½ sq. chocolate

Dissolve cornstarch in a little cold milk. Scald remaining milk. Add cornstarch solution gradually, stirring all the time. Place over blaze and cook until slightly thickened, then cook in double boiler 20 min. Remove from fire, add egg whites beaten stiff. Turn 1-3 of

mixture in separate dish, add melted chocolate. Add vanilla to white mixture. Put layer of white in a mould, then chocolate, then a white layer. Serve with cream or chocolate sauce. thick.

## RAISIN SAUCE.

1 C. boiling water	2 T. sugar
1 C. chopped raisins	1 T. cornstarch

Mix cornstarch with sugar, add water, raisins, and cook until thick.

## SPANISH CREAM.

Hydrate 1-3 box gelatine in 3 C. milk for 1 hour, then put on stove and when hot stir in 3 egg yolks and  $\frac{3}{4}$  C. sugar. When milk is scalding stir in 3 egg whites beaten stiff, flavor with  $\frac{1}{2}$  t. lemon. Mould.

## COFFEE JELLY.

2 C. coffee	1 C. sugar
1 C. boiling water	2 $\frac{1}{2}$ T. gelatine
$\frac{1}{4}$ C. cold water	

Hydrate gelatine in cold water. Put coffee and boiling water in sauce pan, bring to boiling point. Place gelatine over steam of tea kettle or in hot water to dissolve, add to coffee and add sugar. Mould.

## LEMON SAUCE.

$\frac{1}{2}$ C. sugar	1 T. cornstarch
1 C. boiling water	1 T. butter
$\frac{1}{4}$ t. lemon extract	

Mix sugar and cornstarch, add boiling water. Cook 5 min., add butter and lemon extract.

## NOUGAT FROSTING.

1 C. chopped almonds	1 C. sugar
4 T. sugar	1-3 C. boiling water
2 egg whites	

Brown almonds in oven, caramelize 4 T. sugar, add almonds, cool and pound. Boil sugar and water until it threads, add almonds powdered, pour onto beaten whites and beat until thick enough to spread.

## CHOCOLATE CUSTARD.

2 C. milk	2 egg yolks
$\frac{1}{2}$ C. sugar	$\frac{1}{4}$ t. salt
2 T. cornstarch	$\frac{1}{2}$ t. vanilla
2 T. grated chocolate	

Cook chocolate with milk until milk is scalded. Mix cornstarch with sugar, add egg yolks beaten slightly, mix, pour over scalded milk, cook until spoon is coated. When cool add vanilla.

#### CARAMEL ICE CREAM.

3 C. milk	1 T. vanilla
1 egg	1 jar cream
1 C. sugar	$\frac{1}{8}$ t. salt

Scald milk, mix  $\frac{1}{2}$  C. sugar and egg and salt. Pour milk over sugar and egg. Caramelize  $\frac{1}{2}$  C. sugar and add very slowly to hot custard. Cool, flavor, add cream and freeze.

#### TO CARAMELIZE SUGAR.

Put sugar in sauce-pan, place on stove, stir constantly until melted and of the color of maple syrup.

#### CHOCOLATE ICE CREAM.

Use recipe for vanilla ice cream, and add 2 squares melted chocolate. Put chocolate in milk when scalding to make the custard.

#### BAKED APPLE SAUCE.

Wipe, pare and core apples, cut in small pieces. Add  $\frac{1}{4}$  C. water to prevent apples from sticking to pan. Put in covered dish and cook until apples are of a reddish color.

#### CHOCOLATE FROSTING.

$\frac{3}{4}$ C. powdered sugar	1 sq. chocolate
Milk to make a thick paste	$\frac{1}{4}$ t. vanilla

Melt chocolate, add enough milk to sugar to make of consistency to spread, add chocolate and vanilla.

#### APPLE SNOW.

Whites 3 eggs	$\frac{3}{4}$ C. apple sauce
---------------	------------------------------

Beat egg whites until stiff. Put apple sauce through sieve, add slowly to egg whites, beat thoroughly. Pile lightly in glass dish. Serve with custard.

#### CHOCOLATE CAKE.

$\frac{1}{2}$ C. butter	$1\frac{1}{2}$ C. flour (pastry)
1 C. sugar	$2\frac{1}{2}$ t. baking powder
2 eggs	2 sqs. chocolate
$\frac{1}{2}$ C. milk	$\frac{1}{2}$ t. vanilla

Directions: Cream butter, add sugar gradually, and the egg yolks beaten light. Add milk, flour mixed with baking powder, and beat well. Add melted chocolate and vanilla. Fold in egg whites

beaten stiff. Bake 40 to 60 minutes in slow oven. Melt chocolate over hot water.

#### PINEAPPLE SHELL AND FRUIT.

Cut off top of pineapple. With sharp knife or spoon scoop out pulp; keep it as whole as possible. Refill shell with shredded pineapple, using a silver fork to shred it. Mix with strawberries, oranges or any desired fruit. Serve cold. Sprinkle sugar over fruit to sweeten. Garnish with the leaves of the crown.

#### ORANGE CREAM.

$\frac{1}{2}$ C. orange juice	$1\frac{1}{4}$ T. gelatine
$\frac{1}{2}$ C. sugar	$\frac{1}{4}$ C. cold water
2 egg yolks	$1\frac{1}{2}$ C. cream
$\frac{1}{4}$ C. sugar	Grated rind of orange

Heat orange juice and  $\frac{1}{2}$  C. sugar (if oranges are sweet add less sugar) over hot water, mix  $\frac{1}{4}$  C. sugar with yolks, add juice to mixture; cook until spoon is coated, add hydrated gelatine and grated rind. Cool, fold in cream slightly beaten. Turn into mould.

#### BAKED CUSTARD.

4 C. scalded milk	$\frac{1}{2}$ C. sugar
4 eggs	$\frac{1}{4}$ t. salt

Scald milk. Beat eggs slightly, add salt and sugar. Pour milk on to eggs. Strain in buttered moulds, set in pan of hot water and bake in slow oven until firm, which may be tested with a silver knife; if knife comes out clean, custard is done.

#### SPONGE DROPS.

3 eggs	$\frac{1}{8}$ t. salt
1-3 C. powdered sugar	$\frac{1}{4}$ t. vanilla
1-3 C. flour	

Beat whites of eggs stiff, add sugar gradually, continue beating. Add yolks of eggs beaten till lemon color—and flavoring. Cut and fold in flour mixed with salt. Drop from top of spoon on unbuttered paper—sprinkle with powdered sugar. Bake in moderate oven 8 or 10 minutes.

#### CHOCOLATE SPANISH CREAM.

$1\frac{1}{4}$ T. gelatine	2 C. scalded milk
$\frac{1}{4}$ C. cold water	$\frac{1}{2}$ C. sugar
2 eggs	1 t. vanilla
1 sq. chocolate	

Hydrate gelatine, let stand  $\frac{1}{2}$  hour. Scald milk, add gelatine; stir till dissolved; separate eggs. Beat yolks till thick, add sugar,

pour milk on to mixture, melt chocolate, add to milk, cook as for custard. Remove from fire, add whites of eggs beaten stiff. Place in pan of water. Beat till rather thick. Pour in mould.

#### BLACK COFFEE OR CAFE NOIR.

Use 1 T. to each cup

1 C. water to each cup

Place coffee in coffee pot, pour over boiling water. Boil 3 min. Decant coffee and add  $\frac{1}{2}$  C. cold water to clear it.

#### TEA PRETSELS.

1-3 C. butter

$1\frac{1}{2}$  C. flour

1 egg

f. g. salt

$\frac{1}{4}$  C. sugar

Cream butter, add sugar, egg well beaten and sifted flour. Let mixture stand 1 hour, if possible. Break off pieces, roll in lead pencil shape, bring ends together to centre of dough, pressing them down onto it. Brush top with beaten egg. Bake in moderate oven. Almonds may be sprinkled on top.

#### BAKED INDIAN TAPIOCA PUDDING.

3 T. tapioca

2 T. butter

3 T. Indian meal

1 qt. milk

2-3 C. molasses

2 t. salt

$\frac{1}{2}$  C. sugar

Soak tapioca 1 hour, add to boiling milk, cook 15 minutes. Mix meal, molasses, sugar, butter and salt together, add to milk. Cook till thickened, stirring often. When cool add egg slightly beaten if desired. Bake 3 hours in moderate oven. Serve with cream.

#### STRAWBERRY MOUSSE.

1 egg white

1 C. fruit juice and pulp

$\frac{1}{2}$  C. sugar

1 C. cream

Beat egg white stiff, add sugar. Beat cream slightly, gradually add fruit juice and pulp. Beat till firm to bottom of bowl. Combine mixtures. Pack 4 hours in equal proportions of ice and salt.

#### FIG TOAST.

Wash carefully and cook in boiling water half a pound of pulled figs until tender; add one-fourth of a cup of sugar and the grated rind and juice of half a lemon. Cook until the syrup is well reduced. Cut the crust from a thick slice of bread and saute to a golden brown, first on one side, then on the other, in two tablespoonfuls of hot butter. Drain the bread on soft paper; then heap the figs upon it, cover with two-thirds of a cup of thick cream and a scant fourth of a cup of sugar beaten until stiff. Serve at once. Prunes, apricots, peaches



or pears, or strawberry preserves may be prepared in the same manner. If preserves be used, omit sugar from the cream. Sponge cake may be used in place of bread.

#### PINEAPPLE SPONGE.

Heat one pint of grated pineapple over hot water; sprinkle into it half a cup of fine tapioca (a quick cooking kind), mixed with two-thirds of a cup of sugar and half a teaspoonful of salt; when the tapioca is transparent, add the juice of a lemon and fold in the whites of two eggs beaten until dry. Serve with cream and sugar.

# Sweet Jellies

## LEMON JELLY.

½ box or 1 oz. gelatine	1 cupful of sugar
½ cupful of cold water	Juice of 3 lemons, filtered
2 cupfuls of boiling water	Thin slices of lemon-rind

Soak the gelatine in one-half cupful of cold water for one hour or more. Put the boiling water, the sugar and a few thin slices of lemon-peel in a saucepan on the fire. When the sugar is dissolved, add the soaked gelatine, and stir until that also is dissolved; then remove, and when it is partly cooled add the lemon-juice. Strain it through a felt or flannel, and turn it into the mould. This will make one quart of jelly.

## COFFEE JELLY.

Use the recipe for lemon jelly, using three-fourths cup of strong filtered coffee instead of lemon. Mould in a ring and fill the centre with whipped cream.

## WHIPPED JELLY, OR SNOW PUDDING.

Make a lemon jelly. Place it in a bowl on ice; when it is cold, but before it begins to harden, beat it with a Dover beater until it becomes white and a mass of froth. Turn it into a mould to harden. Serve with it a sauce made of boiled custard, or any preserve that will go well with flavoring, or a compote of orange or any fruit.

## RUSSIAN JELLIES.

For these double moulds are used.

- No. 1. Make the outside layer of any transparent jelly. When hard, remove the inner mould and fill the space with the same jelly whipped until foamy.
- No. 2. The outside of transparent jelly, the inside one of different color and flavor, such as champagne and maraschino colored pink, orange and strawberry, lemon and coffee.
- No. 3. The outside champagne jelly, the inside whipped jelly, with macedoine of fruits.
- No. 4. The outside fruits in clear jelly, the inside Bavarian cream.
- No. 5. Maraschino jelly, centre Bavarian cream mixed with crushed peaches or with apricot jam.

## SPANISH CREAM.

$\frac{1}{4}$ box gelatine, or 1 tbl. granulated gelatine	$\frac{1}{2}$ c. sugar (scant) $\frac{1}{4}$ tsp. salt
3 cups milk	1 tsp. vanilla, or 3 tbl.
Whites 3 eggs	wine
Yolks 3 eggs	

Scald milk with gelatine; add sugar; pour slowly on yolks of eggs slightly beaten. Return to double boiler and cook until thickened, stirring constantly; remove from range, add salt, flavoring, and whites of eggs beaten stiff. Turn into individual moulds first dipped in cold water, and chill; serve with cream. More gelatine will be required if large moulds are used.

# Bavarian Creams

## PLAIN BAVARIAN CREAM.

1 pt. cream whipped	½ box, or 1 oz. of gelatine
1 pt. cream or milk	soaked in ½ c. water
½ c. sugar	½ vanilla bean, or 1 tsp.
Yolks 4 eggs	vanilla extract
½ saltspoon salt	

Whip one pint of cream and stand it aside to drain. Scald one pint of cream or milk with the vanilla bean split in two; remove it from the fire, and turn it slowly, stirring all the time, on the yolks, which have been beaten with the sugar and salt to a cream. Return it to the fire a moment to set the egg, but take it off the fire the moment it begins to thicken. Add the soaked gelatine and flavoring (if the bean has not been used). Stir until the gelatine has been dissolved, then pass it through a sieve. When it is cold and beginning to set, whip it a few moments with a Dover beater, and then mix in lightly the whipped cream and turn it in a mould to harden. Avoid using any of the cream which has turned to liquid. This cream should have a spongy texture.

## CHOCOLATE BAVARIAN.

Use the recipe given above for plain Bavarian. Melt two ounces of chocolate and dissolve it in a little milk; add this to the custard mixture before the gelatine.

## RICE BAVARIAN.

(Or Riz a L'Imperatrice.)

Put into a double boiler one and a half pints of milk and a few thin cuts of lemon-zest; when it boils, stir in one-half cupful of well-washed rice and a saltspoon of salt. Cook until the rice is perfectly tender. The milk should be nearly boiled away, leaving the rice very moist. Then add or mix in carefully a half cupful of sugar and a quarter of a box, or one half ounce, of gelatine which has soaked in a half a cupful of cold water one hour, and then melted by placing the cup containing it in hot water for a few minutes. When the mixture is partly cold, add three tablespoonfuls each of maraschino and of sherry, or of sherry alone, or of any other flavoring. When it is beginning to set, stir in lightly one-half pint or more of well-whipped cream, and turn it into a mould. This is a very white dish, and is a

delicious dessert. It may be served alone or with orange jelly cut into croutons, or with orange compote, or with plain or whipped cream.

#### APPLE SNOW.

Whites 3 eggs

Few cubes of jelly

$\frac{3}{4}$  C. apple sauce

Beat egg whites until stiff. Put apple sauce through sieve, add slowly to egg whites, beat thoroughly. Pile lightly in glass dish. Serve with custard.

# Frozen Desserts

## *Classification (Farmer).*

- I. Water Ice. Fruit juice sweetened, diluted with water and frozen.
- II. Sherbet. Water ice, to which is added a small quantity of dissolved gelatine or beaten whites of eggs.
- III. Frappe. Water ice frozen to consistency of mush in freezing, equal parts salt and ice being used to make it granular.
- IV. Punch. Water ice, to which are added spirit and spice.
- V. Sorbet. Strictly speaking, frozen punch; the name is often given to a water ice where several kinds of fruit are used.
- VI. Philadelphia Ice Cream. Thin cream, sweetened, flavored and frozen.
- VII. Plain Ice Cream. Custard foundation, thin cream and flavoring.
- VIII. Mousse. Heavy cream beaten until stiff, sweetened, flavored, placed in a mould, packed in equal parts ice and salt, and allowed to stand three hours.

## *How to Freeze Desserts.*

For ice Cream, Sherbet, Water Ice. Allow three measures of ice to one measure of salt.

For Frappe. Equal parts ice and salt.

For Mousse. Four parts ice to one part salt.

## *To Line a Mould.*

Allow mould to stand in salt and ice until well chilled. Remove cover, put in mixture by spoonfuls, and spread with back of spoon or case knife, evenly, three-quarters inch thick.

## *To Mould Frozen Mixtures.*

When frozen mixtures are to be bricked or moulded, avoid freezing too hard. Pack mixture solidly in moulds and cover with buttered paper, buttered side up. Have mould so well filled that mixture is forced down sides of mould when cover is pressed down. Repack in ice and salt, using four parts ice to one of salt.

## WATER ICE.

(a) 2 c. water, 1 c. sugar; boil; add 1 tsp. granulated gelatine dissolved in water.

(b) 4 egg whites beaten stiff, and flavoring.

Beat *a* until cold; add *b*, pack and freeze; stirring constantly; cover and ripen from two to four hours.

With Lemons. Add juice of three lemons to *a*.

With Oranges. Add grated rind and juice of two oranges and juice of one lemon to *a*.

With Peaches. Add six very ripe peaches mashed and juice of one lemon to *a*.

With Pineapple. Add one pint pineapple pressed through colander and juice of one lemon to *a*.

With Red Raspberries. Add one quart red raspberries mashed fine and juice of three lemons to *a*.

---

## ICE CREAM NOTES

To make ice cream in bricks of fancy shapes of any kind, first make it in an ordinary freezer in the usual way. Next prepare the moulds to be used; fill each with ice water (it is not necessary to fix the cover in this way), and allow to stand for some time—perhaps half an hour. Then remove the cold water and pack each mould solidly with the frozen ice cream. Fill to overflowing and then scrape off perfectly level with a case knife, so that the cover will fit down snugly.

After fitting cover on tightly, cover the joining of the cover and mould with lard; then tie a narrow strip of cotton cloth over it. If there are any dents in the mould where there is even the least danger of the rock salt getting into the cream, treat them in the same way with lard. All this precaution is to keep the rock salt from getting into the cream, for there is nothing quite so disagreeable as to taste a bit of salt mixed in with the ice cream.

Next pack the mould or moulds in chipped ice and rock salt as with the freezer and allow to stand for about an hour or more.

When removing, one will find the strip of cloth and the lard frozen to the mould; but this can be easily pulled off. To remove the cream from the mould, dip a cloth in hot water, wring it out slightly, and apply to the outside of the mould for just a minute. Have the cloth very hot. The cream should slip out easily; but, if necessary, repeat the application of the hot cloth.

Ice cream in individual moulds is called *glace*, as strawberry ice cream *glace*.

A pretty way is to use a baking powder box as a mould; this makes a pretty shape and the ice cream can be cut into individual slices at the table.

An attractive pistachio ice cream was made in this way and

sliced at the table. On each individual serving was poured a sauce made of fresh strawberries with sugar and a little lemon and orange added. This with the pistachio ice cream made a delicious combination.

Orange and lemon with strawberry give the same effect as wine in sauces of any kind. While it does not taste the same exactly, yet it takes the place of it splendidly, having a bright, piquant flavor. It is, of course, customary to serve claret on sultana roll. This sauce could well be used as a substitute.

Of course the pistachio ice cream had to be colored. Strawberry and raspberry ice cream always have to be colored. There is one point which must be remembered in coloring ice-creams or any frozen dainty, always color it two or three shades darker than desired, for it is sure to freeze out quite a bit lighter.

Bomb ice cream is made in a mould the shape of half a melon, the flat side always being placed downward on the platter. The outside is made of some kind of ice cream or sherbet, while the centre is made of whipped cream, or beaten egg whites frozen.

The mould is prepared in the method above described; hence the inside is lined with ice cream or sherbet, say raspberry, to about an inch or an inch and a half deep. The raspberry ice cream, of course, has been previously made in an ordinary freezer. After the mould has been thus lined, fill up the remaining space with whipped cream which has not yet been frozen. Even off the top of the mould with a case knife.

Close the mould with the cover, apply the lard and the strip of white cotton cloth around the joining, and pack in ice and salt. Let stand about one hour, as above advised. This second freezing, as it might be called, is what freezes the whipped cream in the centre of the bomb.

#### FRENCH ICE CREAM.

(a) One pint hot milk; pour slowly over four egg-yolks beaten stiff with one cup sugar; dash salt.

(b) Whites four eggs beaten stiff; flavoring.

(c) One cup cream whipped stiff.

Cook *a* until it coats the spoon; remove from fire, add *b*, beat until cold; add *c* and freeze.

#### PHILADELPHIA ICE CREAM.

(a) Three cups cream and one cup milk, or one quart thin cream, scant cup sugar and dash salt.

(b) Flavoring.

Scald *a*, but do not boil; beat until cold; add *b* and freeze. These



creams may be removed from freezer, put in moulds, packed in ice and salt, covered, and allowed two to five hours to ripen. One pound baking-powder boxes make very pretty moulds, and are quite convenient for serving in slices.

#### CROQUETTES OF ICE-CREAM.

- (a) Philadelphia Ice Cream or French Ice Cream.
- (b) One cup almonds chopped fine, and browned in oven.
- (c) Pistachio sauce.

Freeze *a* very hard; take out with an ice cream scoop which forms a pyramid; roll these in *b*; put on plates and surround with *c*, and serve.

#### PISTACHIO SAUCE.

(a) One cup sugar, one scant tablespoon arrowroot, two cups boiling water.

(b) 1 teaspoon vanilla, one-half teaspoon bitter almond extract, or use pistachio flavoring, and one-half cup chopped pistachio nuts, or two tablespoons maraschino.

Boil *a* five minutes, add *b*, color pale green with Burnett's paste. Serve hot or cold.

#### WHITE OR ANGEL ICE CREAM.

Whites 6 eggs	1 tbl. hot syrup
1 c. powdered sugar	2 tbl. noyau or orange
1 pint cream	flower water
Italian meringue made of whites 2 eggs	

Break whites of eggs, but do not beat them to a froth; stir into them the sugar, then add cream. Scald in double boiler; remove from fire and stir until cold; then add flavoring, and freeze. When frozen, remove dasher, stir in Italian meringue, turn into a mould and pack in ice and salt for two or three hours. This cream requires a little longer to freeze than the other creams.

#### ITALIAN MERINGUE.

Whip whites of eggs to a stiff froth; beat into them slowly some boiling syrup cooked to the ball.

#### FRUIT ICE CREAMS.

Berries or any kind of larger fruit cut into small pieces may be added to any of the vanilla creams after they are frozen. Remove the paddle, mix the fruit in well; then mould and pack in ice and salt

for one or two hours. The fruit will become too solid if packed for a long time.

#### WHITE PARFAIT.

(a) One cup sugar and one cup water; cook until it spins a thread; add slowly to whites of three eggs beaten very stiff.

(b) One pint cream, whipped very stiff; flavoring.

Beat *a* thoroughly until cold; add *b*, mix thoroughly, turn into moulds, pack in ice and salt from four to five hours.

#### CARAMEL MOUSSE.

Stir one cup sugar in a saucepan over the fire *constantly* until it reaches the caramel stage. Do not let it become too brown or it will be bitter. Let it cool a little, then add one cup hot water or milk and stir (over hot water, if milk is used), until the hardened caramel dissolves. Beat the yolks of four eggs until thick, add a little of the hot caramel mixture, and, when well mixed with the eggs, stir into the rest of the mixture and continue stirring until the spoon is coated. Flavor with one teaspoon vanilla, and beat until cold and light; then fold into it the whip from three cups cream, drained and chilled. Turn into a quart mould, filling to overflowing. Press down the cover over a piece of clean wrapping paper somewhat larger than the cover. Bury the mould in equal parts ice and salt, and let stand.

#### MOUSSE.

(a) One tablespoon granulated gelatine; dissolve in one-fourth cup water; add three-fourths cup powdered sugar, dash salt.

(b) Two cups cream whipped very stiff; flavoring.

Stir *a* until cool; strain gradually into *b*, mix thoroughly, fill moulds, pack in ice and salt, cover from two to four hours to ripen.

#### STRAWBERRY MOUSSE.

1 qt. thin cream	1 $\frac{1}{4}$ tbl. gran. gelatine
1 box strawberries	2 tbl. cold water
1 cup sugar	3 tbl. hot water
$\frac{1}{4}$ box gelatine (scant), or	

Wash and hull berries; sprinkle with sugar, and let stand one hour; mash and rub through a fine sieve; add gelatine soaked in cold water and dissolved in boiling water. Set mixture in pan of ice water and stir until it begins to thicken; then fold in whip from cream, put in mould, cover, pack in equal parts ice and salt, and let stand four hours. Raspberries may be used in place of strawberries.

Fore Coffee Mousse use one cup boiled coffee in place of strawberry juice.

## MARSHMALLOW FRUIT CREAM.

½ lb. marshmallows cut in small pieces	1 C. walnut meats
1 pineapple, or 1 can pine- apple	½ lb. malaga grapes
	5 oranges
	2 jars cream

Cut marshmallows in small pieces with scissors, cut grapes in half, remove seeds. Cut pineapple into small pieces and also oranges.

Place all together and place near ice, add nuts and whipped cream. Serve cold, garnish with cream.

## BISCUIT GLACE.

Dissolve two cups granulated sugar in one cup boiling water; put over the fire and boil slowly until the syrup will spin a short thread. Pour it slowly over the yolks of six eggs which have been beaten until very light; return to the fire and stir for two minutes, or until the mixture will slightly coat the bowl of the spoon. Strain in a bowl and set in a pan of cold water and whip with long, even strokes until the mixture is cold and spongy in texture. Add one teaspoon vanilla and four tablespoons sherry, or two tablespoons maraschino; whip for five minutes longer, then stir in lightly one pint thick cream whipped to a stiff froth. Fill a mould with this cream, bind with a strip of buttered cloth and pack in ice.

## GINGER ICE CREAM.

½ t. vanilla	sherry wine
½ C. Canton ginger cut in small pieces	or 1 T. powdered ginger and 2 T. wine.
3 T. ginger syrup or 2 T.	

Add to vanilla ice cream and freeze.

## PISTACHIO SAUCE.

1½ C. scalded milk	Coloring paste
1 T. flour	1 egg
½ C. sugar	1-16 t. salt
½ t. vanilla	½ C. cream
¼ lb. pistachio nuts	3 drops almond

Scald milk, mix flour, sugar. Add slowly to milk. Add egg beaten slightly. Add cream, cook 20 minutes in double boiler. Cool, add flavoring, nuts and green coloring paste.

## GRAPE FRUIT SHERBET.

4 C. water	Juice 1 lemon
2 C. sugar	1 pt. grapefruit juice
1 T. granulated gelatine	

Boil sugar and water 20 min., add gelatine which has been soaked in water. Beat till cold, add fruit juice and freeze.

### BOMB GLACE.

Beat one egg white until stiff, add 1-3 C. powdered sugar and beat, flavor. Fold in  $\frac{1}{2}$  C. cream beaten stiff. Color if desired. Garnish with nuts or fruit juices.

### WATERMELON BOMBE GLACE.

*Lining for Mould.*

5 C. water

1 T. gelatine

2 C. sugar

Juice 3 lemons

*Directions.*

Hydrate the gelatine in  $\frac{1}{4}$  C. of the cold water, mix sugar and balance of water, boil 20 minutes; remove from fire, add hydrated gelatine; beat until cold and add strained lemon juice. Freeze to a spongy condition, reserve 1-3 part and color green.

*Filling for Centre.*

1 $\frac{1}{2}$  C. cream

$\frac{1}{4}$  C. sultana raisins

1-3 C. sugar

dipped in brandy

1 egg white

Color this pink

Pack and freeze

*Directions No. 2.*

Use melon shaped mould, spread green lining, then white, fill centre with pink filling. Pack and freeze, using 3 parts ice to one of rock salt. Let stand 4 hours. Dip mould quickly in warm water. Turn out. Cut horizontally and serve in V shaped pieces to include all colors.

### MILK SHERBET.

4 cups milk

1 $\frac{1}{2}$  cups sugar

Juice 3 lemons

Mix juice and sugar, stirring constantly while adding milk. Freeze.

### MARSHMALLOW ICE CREAM.

1 cup sugar

3 egg whites

$\frac{1}{4}$  cup water

1 1-3 cups cream

$\frac{1}{2}$  lb. marshmallows

1 t. vanilla

Boil sugar and water till it threads; add marshmallows. When partially melted, beat with egg beater till smooth. Pour this on 3 egg whites beaten stiff. Beat till cold. Add flavoring, fold in 1 1-3 cups cream beaten stiff. Freeze.



Hydrate gelatine in  $\frac{1}{4}$  cup water. Scald pineapple. Make syrup of sugar and water; cook until it hairs. Beat egg yolks, cool syrup slightly, add dissolved gelatine, pour syrup on yolks, beat, add pineapple and when cold fold in cream. Pack in ice and salt.

#### CHOCOLATE MOUSSE.

Yolks 2 eggs	$\frac{1}{2}$ cup cold water
1 T. gelatine	2 sq. chocolate.
$\frac{1}{4}$ cup cold water	$1\frac{1}{2}$ cups cream
1 cup sugar	

Hydrate gelatine. Mix sugar with  $\frac{1}{2}$  cup water. Cook until it hairs. Beat eggs slightly, beat cream. Turn syrup mixture slowly on eggs, beating all the time. Add gelatine. Melt chocolate and add to this mixture. Beat until cold, then fold in cream. Chill.

#### JELLY JUMBLES.

1 egg	3 T. sour milk
1 cup sugar	$\frac{1}{2}$ t. soda
$\frac{1}{4}$ cup butter	Pastry flour to roll

Cream butter, add sugar, egg well beaten. Sift soda into sour milk. Add milk alternately with flour. Roll thin. Cut in two layers. Spread one-half with jelly, on other half cut 3 rings. Put layers with openings on top of jelly layer. Moisten edges, press together, bake.

#### COFFEE ICE CREAM.

$2\frac{1}{2}$ C. milk	$\frac{1}{2}$ C. coffee
$1\frac{1}{4}$ C. sugar	$\frac{1}{8}$ t. salt
2 egg yolks	1 jar cream

Scald milk with coffee, mix sugar, eggs and salt together, pour milk over. Cook as for custard.

#### MACAROON CREAM.

$1\frac{1}{2}$ T. granulated gelatine	1-3 C. sugar
$\frac{1}{4}$ C. cold water	$\frac{1}{8}$ t. salt
2 C. scalded milk	2-3 C. pounded macaroons
3 egg whites	1 t. vanilla
3 egg yolks	

Soak gelatine in water, make custard of milk, eggs, sugar and salt. Add dissolved gelatine, add macaroons and flavoring, stirring until it thickens, then add whites of egg beaten stiff. Mould.

# Sugar Cookery---Confections

## *Sugar tests.*

- |                          |                      |
|--------------------------|----------------------|
| 1. Small thread, 215° F. | 7. Soft ball, 238°   |
| 2. Large thread, 217°    | 8. Hard ball, 248°   |
| 3. Pearl, 220°           | 9. Small crack, 290° |
| 4. Large pearl, 222°     | 10. Crack, 310°      |
| 5. The blow, 223°        | 11. Caramel, 350°    |
| 6. The feather, 232°     |                      |

## GENERAL DIRECTIONS FOR MAKING FONDANT.

Fondant, the basis of all French candy, is made of sugar and water boiled together with a small quantity of cream of tartar to prevent sugar from granulating, to soft ball, 238 degrees F. If the temperature rises above 238 degrees, add cold water at once to reduce the temperature. Use *coarse* granulated sugar. Confectioners use a candy sugar. The cream of tartar if dry must be added before the sugar begins to boil; if put in afterwards the cream of tartar must be made thin with water. If acid is used in making fondant, there will be no glaze. Always have plenty of water in making fondant. The smaller the quantity made the more water is needed and the more acid. If a cover is used on the kettle, no granulation will form around the edge; the cover need only be kept on at first, until the thermometer is used. Fondant may be made without acid. The best bonbon creams are made without acid, but no other candy should be tried without it. Fondant should be stirred until hard, as it will soften by standing. If the cream is too hard, soften by adding a little at a time a syrup of 34 degrees.

## WHITE FONDANT.

2½ lbs. sugar, 1½ cups hot water, ¼ tsp. cream of tartar.

Put ingredients into a smooth granite stewpan. Stir until dissolved, and heat gradually to boiling point. Boil without stirring until, when tried in cold water, a soft ball may be formed that will keep its shape, which is 238 degrees. If the sugar adheres to the sides of the kettle, remove with a piece of wet cheese-cloth or a fine pastry brush dipped in cold water.

Pour slowly on a slightly oiled marble slab, or a large platter oiled. Let it stand for a few minutes to cool, or until pressing it with the finger, it leaves a dent on the surface and yet has formed no crust. If stirred while too warm, it will grain. If a crust forms,

every particle must be taken off, or else the boiling must be done again, as it shows it has cooked a little too long.

When it will dent, scrape fondant together, and work with a wooden spatula until white and creamy. It will quickly change from this consistency, so begin kneading while it is still creamy, otherwise it will lump, and will be difficult to work smooth. Scrape the slab, and knead the scrapings separately. Do not mix the fondant unless it is perfectly free from lumps.

Put the fondant into a bowl, cover with oiled paper, and let stand twenty-four hours, or until needed, or keep in an air-tight preserve-jar.

#### BONBONS.

The centers of bonbons are made of fondant shaped in balls. Flavor only a small portion of the fondant at a time, and use colorings sparingly.

For cocoanut centres work as much shredded cocoanut as possible into a small quantity of fondant.

For nut centres surround a nut-meat with just enough fondant to cover.

#### TO DIP BONBONS.

Shape the centres as desired, and allow them to dry. Put some fondant in a saucepan, and melt over hot water; color and flavor as desired. In coloring fondant dip a small wooden skewer in coloring paste, taking up only a very small quantity, and dip skewer in fondant. If care is not taken the color is apt to be too intense. During the dipping keep the fondant over hot water. In dipping use a two-tined fork or a confectioner's bonbon dipper. Drop centres in fondant one at a time, put on oiled paper, and bring end of dipper over top of bonbon—which shows they are hand-made. Stir the fondant between the dippings to prevent a crust from forming.

#### DIPPED WALNUTS.

Melt fondant and flavor. Dip half a walnut as bonbon centres are dipped. Halves of pecans or whole blanched almonds may be similarly dipped.

#### CHOCOLATE CREAMS.

Roll fondant flavored with vanilla into small balls; let them stand for a few hours to harden. Melt an ounce of unsweetened chocolate, add to it two tablespoons of milk, four tablespoons sugar, one-half teaspoon butter. Stir till smooth; drop the balls into it, and remove with a fork or candy-wire. If the chocolate becomes too stiff, add a few drops of syrup and heat again.



## CHOCOLATE PEPPERMINTS.

Dip peppermint creams into liquid chocolate, as directed for chocolate creams.

## MAPLE FONDANT.

1 $\frac{1}{4}$  lbs. maple sugar

1 c. hot water

1 $\frac{1}{4}$  lbs. sugar

$\frac{1}{4}$  tsp. cream of tartar

Break maple sugar in pieces and add to remaining ingredients. Boil and work same as white fondant.

## TUTTI-FRUTTI.

Fill an oiled border-mould with three layers of melted fondant. Have bottom layer maple, well mixed with English walnut meats; the second layer colored pink, flavored with rose, and mixed with candied cherries cut in quarters and figs finely chopped; the third layer white, flavored with vanilla, candied cherries cut in quarters, and candied pineapple cut in small pieces. Cover mould with oiled paper, and let stand over night. Remove from mould, place on a plate covered with a lace paper-napkin. Fill center with bonbons and glace nuts.

## CREAM MINTS.

Melt fondant over hot water and flavor with a few drops of *oil* of peppermint, wintergreen, cloves, cinnamon or orange, and color if desired. Drop from tip of spoon on waxed paper, or drop through funnel, placing round stick in funnel to cut off each portion. Allow to cool and loosen by running a knife under each one. Dilute peppermint oil with spirits of cologne, as it improves the flavor. Alcohol is too rank for reducing flavoring materials.

## GLACE NUTS.

2 c. sugar

1 c. boiling water

1 tsp. cream of tartar.

Put ingredients in a smooth saucepan, stir and heat to boiling point. Boil without stirring until the syrup reaches the crack, 310 degrees F. Remove any granulation of sugar from sides of saucepan, as in making fondant. Remove saucepan from fire and place instantly in a large pan of cold water to stop the boiling. Remove from the cold water and place in a pan of hot water during dipping. Take nuts separately on a long pin, dip in syrup to cover, remove from syrup and place on oiled paper. If the syrup begins to crystalize, set back on stove until it just comes to a boil.

## GLACE FRUITS.

Grapes, strawberries, sections of seedless oranges and candied cherries are most used. The syrup is the same as that used for glaze nuts.

Take grapes separately from clusters, leaving a short stem on each grape. With a pair of pincers take each grape by the stem and dip it into the syrup, being sure it is perfectly coated.

Divide oranges into sections; do not break the inside skin, for if the juice escapes in ever so small a quantity, the section must be discarded. Let them stand several hours until the surface has become very dry. Then drop them in the syrup one at a time, remove with candy wire, or two forks, and place them on an oiled slab or plate to dry. Glaze fruits keep only one day.

## ALMOND HARDBAKE.

Blanch some almonds and split them in two. Dry them in a moderate heat without discoloring them. Lay them with the flat sides down on an oiled layer-cake pan, entirely covering it; or arrange in regular order—like wreaths, rosettes, etc. Pour over the nuts enough sugar boiled to the crack to cover them. Mark off squares or circles on the candy while it is warm, and then it can be broken in regular pieces when cold. Walnuts, pecans and other nuts may be used.

## TURKISH PASTE.

1 oz. sheet gelatine	$\frac{1}{2}$ C. cold water
1 lb. granulated sugar	$\frac{1}{2}$ C. water
Rind 1 orange (no white)	1-3 C. orange juice
3 T. lemon juice	$\frac{1}{2}$ C. confectioner's sugar

Break gelatine in pieces. Soak 2 hours in  $\frac{1}{2}$  C. cold water, add  $\frac{1}{2}$  C. water to sugar and bring to boiling point. Add gelatine. Soak 20 min., remove from stove, add grated rind and juice. Rinse pan in cold water. Pan 5 inches by 6 inches. Pour in paste 1 inch thick. When cold cut in cubes, roll in confectioner's sugar.

## STUFFED DATES.

Wash dates. Remove stones, fill centre with fondant, peanut butter or cheese. Roll in sugar if fondant is used.

## PEPPERMINTS.

Melt fondant over hot water, flavor with 2 drops peppermint. Drop from tip of teaspoon onto oiled paper.

## CANDIED ORANGE PEEL.

Remove peel from 4 oranges in quarters. Cover with cold water,

bring to boiling point and cook until soft. Drain, remove white portion, cut yellow into thin strips, using scissors. Boil  $\frac{1}{2}$  C. water and 1 C. sugar until it threads. Cook strips in syrup 5 min., or until translucent. Drain, coat with sugar. Dry off sugar in oven.

#### SALTED NUTS.

Remove shell and red skin of peanuts. Put 1 T. olive oil in frying pan and when hot put in nuts and let them brown slightly. Drain on brown paper, sprinkle with salt.

#### MARSHMALLOW FUDGE.

2 C. light brown sugar	1 C. marshmallow
$\frac{1}{2}$ C. milk	1 t. butter
$\frac{1}{2}$ t. vanilla	

Cook sugar and milk until it will form a soft ball when dropped in cold water. Beat in marshmallow until dissolved. Add butter and vanilla. Cool, cut in squares.

#### CHOCOLATE NUTS.

Melt  $\frac{1}{2}$  lb. sweetened chocolate in double boiler, keeping water below boiling point. Take from stove and heat until slightly cool. Drop one quart of nuts, a few at a time, into chocolate, and remove one by one with a fork. Place on paper. Fondant may be dipped in the same way.

#### CHOCOLATE FUDGE.

2 C. sugar	1 T. butter
$\frac{1}{2}$ C. milk	2 sqs. chocolate
1 t. vanilla	1 C. chopped nut meats

Cook until soft ball is formed in cold water. Remove from fire, let cool, add nut meats, vanilla and beat until it thickens. Pour on to buttered pan. Cut in squares.

#### PEANUT BRITTLE.

1 C. Karo syrup	2 T. melted butter
1 T. vinegar	Peanuts
1 C. brown sugar	

Mix ingredients, boil without stirring until brittle in cold water. Put peanuts in oiled pan. Pour over mixture.

#### FONDANT.

2 C. sugar	$\frac{1}{2}$ C. water
$\frac{1}{8}$ t. cream of tartar	

Mix in saucepan, then wash off sides in saucepan with hands wet in cold water to remove all grains of sugar. Stir until dissolved, let

boil without stirring until syrup will form a "soft ball" in cold water. Pour on to unbuttered platter and when cool work with wooden spoon until creamy. Make into ball and knead till smooth.

#### MOCHA FONDANT.

3 C. sugar

3 T. coffee

1½ C. water

¼ t. cream of tartar

Put water and coffee in saucepan, heat to boiling point, strain through bag, add sugar and cream of tartar and proceed as for fondant.

#### TO PREPARE FONDANT FOR DIPPING.

Place fondant in saucepan and the saucepan in a pan of hot water, stir constantly; add coloring and flavoring. When melted dip fondant.

#### TO DIP FONDANT.

Use a two-tined fork or candy dipper. Stir fondant often so there will be no crust on top. Flavor fondant and make small balls or cones. Cool. Drop the balls quickly into melted fondant. Place on paper.

# Cake

## STEPS IN BAKING A CAKE.

1. Rising
2. Setting
3. Cooking throughout
4. Browning

## SPONGE CAKE.

Eggs, yolks, 6	Eggs, whites, 6
Sugar, 1 cup	Flour, 1 cup
Lemon juice, 1 tbl.	Salt, $\frac{1}{4}$ tsp.
Lemon rind, grated, $\frac{1}{2}$ tbl.	

Beat yolks until thick and lemon colored; add sugar gradually and continue beating, using Dover egg beater. Add lemon juice, rind and whites of eggs beaten stiff and dry. When eggs are partially mixed with yolks, remove beater and carefully cut and fold in flour mixed and sifted with salt. Bake one hour in a slow oven in an angel cake pan or a deep narrow pan.

## ANGEL CAKE.

Whites 8 eggs	$\frac{3}{4}$ cups flour
1 tsp. cream tartar	$\frac{1}{4}$ tsp. salt
1 cup sugar	$\frac{3}{4}$ tsp. vanilla

Beat whites of eggs until frothy, add cream of tartar and continue beating till eggs are stiff; then add sugar gradually. Fold in flour mixed with salt and sifted four times, and add vanilla. Bake 40-50 min. in an unbuttered angel cake pan. After cake has risen and begins to brown cover with a paper. When done place the corners of the pan on four muffin rings or cups to cool. Ice with royal icing.

## APPLE-SAUCE CAKE.

1 C. sugar	$\frac{1}{2}$ C. chopped raisins
$\frac{1}{2}$ C. butter	1 t. soda dissolved in hot water
$\frac{1}{4}$ t. salt	
1 t. lemon extract	$\frac{1}{2}$ t. clove
1 C. apple-sauce	1 t. cinnamon
$1\frac{3}{4}$ C. flour	1-16 t. nutmeg

Cream butter, add sugar, lemon, apple, soda dissolved in hot water. Add seasoning to half of flour, sift, roll raisins in flour, add flour slowly. Beat, add raisins. Bake in two layers.

## FILLING.

2 beaten egg whites 1/4 C. sugar  
 1 C. sifted apple-sauce

## POUND CAKE.

Butter, 1 lb. Flour, 1 lb.  
 Sugar, 1 lb. Mace, 1/2 tsp.  
 Eggs, yolks, 10 Brandy, 2 tbl.  
 Eggs, whites, 10

Cream butter, add sugar gradually and continue beating; then add the yolks beaten until thick and lemon colored; add the whites of eggs beaten until stiff and dry; flour, mace and brandy. Beat vigorously 5 min. Bake in a deep pan 1 1/4 hours in a slow oven; or if to be used for fancy ornamented cakes bake 30-35 min. in a dripping pan. When cold cut in fancy shapes, glaze and dip in fondant icing.

## MAPLE CARAMEL CAKE.

1/4 C. butter 1 1/2 C. flour  
 1 C. sugar 2 1/2 t. baking powder  
 2 small eggs 1/2 t. vanilla  
 1/2 C. milk

Cream the butter, add the sugar gradually, and the yolks of eggs well beaten, then the whites beaten until stiff. Add milk, flour sifted with baking powder, and beat thoroughly; then add vanilla, and bake in layers or loaf.

## FROSTING.

1 lb. soft maple sugar Whites 2 eggs  
 1/2 C. boiling water

Break sugar in small pieces, put in the saucepan with the boiling water and stir until sugar is dissolved. Boil without stirring until syrup will thread when dropped from tip of spoon. Pour gradually on the beaten whites, and beat constantly until mixture is the right consistency to spread.

## RICH FRUIT CAKE.

1 pt. sugar 1 1/2 lbs. currants  
 1/2 pt. butter 3/4 lbs. citron  
 1 pt. flour 3-8 lbs. blanched and  
 9 eggs pounded almonds  
 2 lbs. stoned raisins 2 oz. cinnamon  
 1/2 oz. mace 1 nutmeg  
 1/2 oz. clove 1/2 pt. brandy

Dredge currants and raisins with 1/2 C. of the flour. Mix the spice with the remainder of the flour. Beat the butter to a cream,

gradually beat in the sugar. Add the brandy a little at a time, beating until the mass is smooth and creamy. Add the almonds and beat well. Now add the well-beaten yolks of the eggs, then the whites. Stir the flour in lightly, then the raisins and currants, spread the cake mixture in layers in the pans and spread thin slices of citron on each layer. Bake for four hours in a moderate oven.

## SOFT GINGERBREAD.

2 eggs	2 tsp. soda
$\frac{1}{2}$ cup butter	1 tsp. ginger
$\frac{1}{2}$ cup sugar	1 tsp. cinnamon
1 cup molasses	$\frac{1}{2}$ tsp. cloves
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ tsp. allspice
1 cup boiling water	

Beat the butter and sugar to a cream; add the molasses, then the soda dissolved in the cup of boiling water. Add the flour and spice sifted together, and lastly the two well-beaten eggs just before baking. Bake in a very moderate oven.

Citron, raisins and currants may be added, with  $\frac{1}{2}$  cup more flour, making a nice fruit cake.

## GINGER BREAD.

$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ C. molasses
1 T. butter	1 t. soda
1 egg	$1\frac{1}{2}$ C. flour
1 t. ginger	1 t. cinnamon
$\frac{1}{8}$ t. clove	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ C. sour milk	

Cream butter, add sugar and spices, egg well beaten. Sift soda and salt with flour and add alternately with milk and molasses. Bake in pan or gem tins.

## FRUIT PORK CAKE.

1 lb. fat pork minced fine and 1 C. boiling water poured over it.	
2 C. brown sugar	1 C. molasses
6 C. flour	2 t. soda dissolved in hot
1 lb. currants	H <sub>2</sub> O
1 lb. dates	2 lbs. raisins
2 t. cloves	$\frac{1}{4}$ lb. citron
2 t. allspice	2 t. cinnamon
$\frac{1}{2}$ C. cherry wine	2 t. nutmeg
Bake 4 hours	

## MARGUERITES.

Boil 1 c. sugar,  $\frac{1}{2}$  C. water until it threads. Remove to back of

stove and drop in 5 marshmallows cut in small pieces. Let dissolve, pour gradually over 2 egg whites beaten stiff, add 2 T. cocoanut,  $\frac{1}{4}$  t. vanilla, 1 C. nuts. Drop from spoon onto buttered tins, brown in moderate oven.

#### MARGUERITES.

2 eggs	7 T. pastry flour
1 C. brown sugar	$\frac{1}{4}$ t. baking powder
1-3 t. salt	$\frac{3}{4}$ C. pecan or any nut meats
$\frac{1}{2}$ t. vanilla	

Beat eggs light, add sugar and salt and beat until creamy. Add vanilla and flour, lastly fold in nut meats, reserving a few of them to put on top. Bake in a large shallow tin, or small fluted tins, in a moderate oven.

#### 1 EGG CAKE.

$\frac{1}{4}$ C. butter	$\frac{1}{2}$ C. milk
$\frac{1}{2}$ C. sugar	$1\frac{1}{2}$ C. pastry flour
1 egg	$2\frac{1}{2}$ t. baking powder

Cream butter, add sugar, egg well beaten. Mix baking powder with flour, add alternately with milk. Bake in moderate oven.

#### CHOCOLATE FROSTING.

$\frac{3}{4}$ C. powdered sugar	Milk to make a thick paste
1 sq. chocolate	$\frac{1}{4}$ t. vanilla

Melt chocolate, add enough milk to sugar to make of consistency to spread, add chocolate and vanilla.

#### CHOCOLATE CAKE.

$\frac{1}{2}$ C. butter	$1\frac{1}{2}$ C. flour (pastry)
1 C. sugar	$2\frac{1}{2}$ t. baking powder
2 eggs	2 sqs. chocolate
$\frac{1}{2}$ C. milk	$\frac{1}{2}$ t. vanilla

Directions: Cream butter, add sugar gradually, and the egg yolks beaten light. Add milk, flour mixed with baking powder, and beat well. Add melted chocolate and vanilla. Fold in egg whites beaten stiff. Bake 40 to 60 minutes in slow oven. Melt chocolate over hot water.



# Fancy Cakes

## VENETIAN CAKES.

1/2 cup of butter	1 cup almonds
1/2 cup powdered sugar	1 tsp. vanilla
1 1/2 cups pastry flour	Yolks, 3 eggs

Cream the butter and sugar together until very light; add the yolks well beaten, then the almonds blanched and cut in strips; mix, add the vanilla and stir in lightly the flour; the dough should be rather soft. Take a small piece at a time, drop it in powdered sugar, and roll it between the hands into a ball one inch in diameter. Put a piece of pistachio on the top. Place the balls a little distance apart on floured pans, and bake in a moderate oven ten to fifteen minutes, or to a pale color. They will flatten in baking and have the shape of macaroons.

## CREAM CAKES.

1 cup water	1 1/2 cups pastry flour
2 tbl. sugar	3 to 4 eggs
4 tbl. butter	1/2 ssp. salt

Put the water, sugar, salt and butter in a saucepan over the fire. When butter is melted remove, add to it the flour and beat until it is a smooth paste; return it to the fire and stir vigorously until the paste leaves the sides of the pan, then remove; let it partly cool, then add the eggs, one at a time, beating each one for some time before adding the next. When all are in beat until the batter is no longer stringy. It should be consistent enough to hold its shape without spreading when dropped from a spoon on a tin. Three eggs make it about right unless they are very small or the flour very dry. Put the mixture into a pastry bag with a tube of 1/2 inch opening; press the batter through into balls one and one-half to two inches in diameter. A spoon can be used, but does not give the cakes as good shape. Brush the top with egg. Put them in a slack oven and bake slowly for about forty minutes. They will feel light when done, and be puffed very high. When cool make an incision in the side and fill with cream filling. These cakes are good made very small, filled with jam and a little whipped cream, and the tops dipped in sugar boiled to the crack, then sprinkle with chopped almonds browned.

## CREAM FILLING.

Beat well together the yolks of five eggs, one-half cup sugar, 3 tablespoons cornstarch; dilute it with two cups boiling milk; cook

over boiling water until thickened; remove, cool and add flavoring. If coffee flavoring is wanted use one-half black coffee and one-half milk. If chocolate melt three or four ounces and add it to the custard.

#### ALMOND WAFERS.

2 T. flour	1-6 tsp. salt
2 T. powdered sugar	White 1 egg

Sift flour, sugar and salt together. Beat the white of one egg just enough to break it, and add as much of it to the flour and sugar as it will take to make a creamy batter; flavor with a few drops almond essence. Grease and flour the pan. Drop a half teaspoonful of the paste on the pan, and with a wet knife spread it into a thin, round wafer. Bake in a moderate oven until edges are slightly browned, then, before removing from the oven door, lift each wafer and turn it around a stick. They stiffen very quickly, and the rolling must be done while they are hot.

#### ROYAL ICING.

White 1 egg	Lemon juice
Powdered sugar, 1 cup	Water

Place egg in bowl, add a little lemon juice or other flavoring and a few drops of water. Stir in powdered sugar until right consistency to spread. While cake is still warm pile icing on centre of cake, and with a wet knife smooth it over top and sides of cake. If icing is prepared before cake is ready, cover it with a wet cloth. If it becomes too stiff add a few drops of water and stir again. Color and flavor as desired. One egg will take about 1 cup of sugar, and will make enough icing for one cake.

#### FONDANT ICING.

2 cups sugar	$\frac{1}{8}$ tsp. cream of tartar
1 cup water	

Put sugar, water and cream of tartar in a graniteware vessel and stir until the sugar is dissolved, but not a minute longer. As it boils crystals will form on the edge of the pan. These must be wiped away by wetting a cloth or brush in water and passing it around the dish without touching the boiling sugar. This must be done frequently, or as often as the crystals form, or the whole mass will become granular. When large bubbles rise it must be carefully watched and tested, as from this time it quickly passes from one stage to another. Have a cup of ice-water and a skewer or small stick; dip it into the ice-water, then into the sugar and again into the water. If the sugar which adheres to it can be rolled into a soft ball it is done. Have ready a marble slab oiled or an oiled platter; pour the syrup over it and let it cool a few minutes, or until pressing it with the finger

it leaves a dent on the surface. Then work it with a wooden spatula until it becomes white, smooth and creamy, then work it with the hands until it is smooth, or fine, even texture throughout. If it is stirred while too warm it will grain. If it forms a crust, every particle must be removed or else the boiling must be done again, as it shows it has cooked a little too long. Do not mix the scrapings with the fondant.

The mixture in which small cakes are dipped for icing is fondant. (See recipe.) Cakes for dipping must first be glazed.

### TO GLAZE CAKES.

Beat white of one egg slightly and add one tablespoonful powdered sugar. Apply with a brush to top and sides of cakes. After glazing cakes should stand over night before dipping.

### TO DIP CAKES.

Melt fondant over hot water and color and flavor as desired. Stir to prevent crust from foaming on top. Take cake to be dipped on a three-tined fork and lower in fondant three-fourths the depth of cake. Remove from fondant, invert and slip from fork to a board. Decorate with ornamental frosting and nut meat, candied cherries, angelic or candied violets. Pound cake is generally used, baked 1 inch thick and cut in fancy shapes.

### CHOCOLATE LAYER CAKE.

1 C. sugar	$\frac{1}{2}$ C. milk
$\frac{1}{2}$ C. butter	2 sqs. chocolate
2 eggs	$2\frac{1}{2}$ t. baking powder
$1\frac{1}{2}$ C. flour	

Cream butter, add sugar gradually. Separate yolks and whites of eggs. Beat yolks till light, add to butter and sugar. Sift baking powder and flour and add alternately with milk. Add melted chocolate, fold in egg whites beaten stiff. Bake 25 to 40 min. in moderate oven.

### ORANGE CAKE.

$\frac{1}{4}$ C. butter	$\frac{1}{2}$ C. milk
1 C. sugar	$1\frac{1}{2}$ C. flour
2 eggs	$2\frac{1}{2}$ t. baking powder

Cream butter, add sugar gradually, eggs well beaten and milk. Add flour mixed and sifted with baking powder. Bake in layer-cake tins. Fill with orange filling and frost with orange frosting.

## CHRISTMAS CAKE.

6 eggs	1 lb. currants
3-8 lb. butter	1/4 lb. mixed peel
1/2 lb. brown sugar	1/4 C. boiled or sweet cider
1/2 lb. flour	1/2 lb. dates
1 lb. raisins	1/2 t. cloves
1/4 lb. almonds	1/2 t. allspice
2 t. cinnamon	1/2 t. soda
1 t. cream tartar	

Wash fruit, seed raisins, stone dates, chop all fruits (except raisins) and nuts. Sift flour, soda and cream tartar together. Sift a little flour over fruits to prevent them from adhering. Add fruit last. Bake 1 hour. Ice when cold. Garnish with angelica, candy pearls, candied cherries and holly.

## BOILED FROSTING.

1 C. sugar	1 t. vanilla
1-3 C. boiling water	1 egg white

Put sugar and water in saucepan, stir until sugar is dissolved, boil without stirring until syrup will thread when dropped from spoon. Pour syrup slowly on beaten white of egg, beat until of right consistency to spread.

## BANBURY MIXTURE.

1 C. raisins	Grated rind and juice
1/4 C. citron	of 1 lemon
1 egg slightly beaten	1 C. sugar
2 T. cornstarch	

Chop raisins fine, add citron, lemon and sugar mixed with cornstarch, and add egg. Cook over hot water until thick. Fill lined pastry plate or make into turnovers.

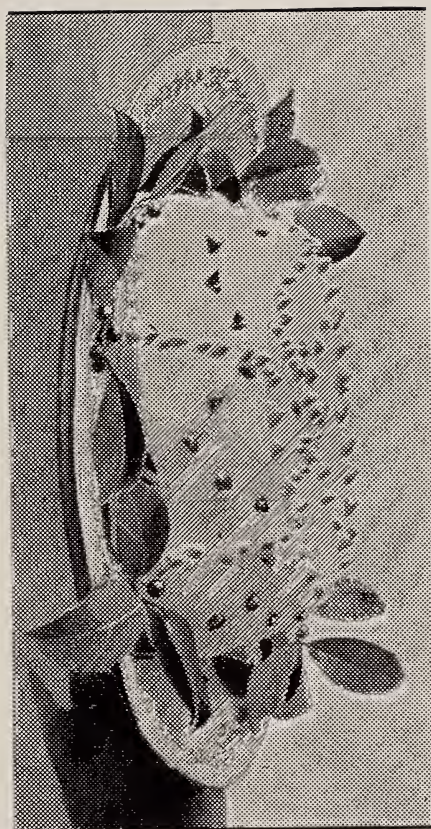
## SPONGE CAKE.

1 C. sugar	1 C. flour
2 egg yolks	1 1/2 t. baking powder
1/2 C. milk	2 egg whites
1/4 t. salt	1/2 t. lemon juice

Beat the yolks of eggs until thick, add 1/2 C. sugar slowly, then milk, remainder of sugar, beat well. Sift baking powder with flour. Add flour, salt and flavoring. Lastly, fold in egg whites beaten stiff. Bake 45 to 60 minutes in slow oven.

## BOILED CUSTARD.

2 C. scalded milk	1/4 C. sugar
3 egg yolks	1/8 t. salt
1/2 t. vanilla	



CHRISTMAS CAKE



Beat yolks slightly, add sugar and salt. Pour scalded milk on to eggs. Cook in double boiler until a coating is formed on spoon. If custard curdles, beat with Dover egg beater. Flavor when cold.

#### WHITE FRUIT CAKE.

$\frac{1}{2}$ C. butter	1 t. baking powder
$\frac{1}{2}$ lb. almonds blanched and chopped	1 C. sugar
$\frac{3}{4}$ lb. cocoanut	$\frac{3}{4}$ lb. citron cut fine
$\frac{1}{2}$ t. almond extract	5 egg whites
	$1\frac{3}{4}$ C. pastry flour

Cream butter, add sugar, then almonds, citron and cocoanut, rolled flour. Beat eggs until stiff, add one-half of the whites and extract. Sift flour and baking powder and add. Fold in remaining egg whites. Ice with boiled frosting, sprinkle with cocoanut.

#### ORANGE CAKE.

Make same as maple caramel cake, except add 1 t. of grated orange rind. (Do not grate in any of the *white* of the orange rind.)

#### FROSTING.

Beat white till stiff, add boiled sugar, drop by drop, stir, add yolk well beaten and, lastly, add the juice of one orange.

Do not *prepare* frosting till cake is baked. Add frosting to cake after cake is cooled.

#### ORANGE FILLING.

$\frac{1}{2}$ C. sugar	1 egg slightly beaten
3 T. flour	1 T. butter
Grated rind 1 orange	$\frac{1}{4}$ C. orange juice
$\frac{1}{2}$ T. lemon juice	

Mix ingredients in order given. Cook in double boiler until thick. Cool before spreading.

#### ORANGE FROSTING.

Grated rind 1 orange	1 t. brandy
$\frac{1}{2}$ t. lemon juice	1 T. orange juice
1 egg yolk	Confectioner's sugar

Mix fruit juices, let stand 15 min. Stir in sugar until right consistency to spread.

#### DEVILS' FOOD.

##### Part 1.

1 C. grated chocolate	$\frac{1}{2}$ C. brown sugar
$\frac{3}{4}$ C. sweet milk	

Dissolve sugar and chocolate in double boiler, add milk slowly, blend.

*Part 2.*

2 eggs	1 C. brown sugar
$\frac{1}{4}$ C. butter	$1\frac{3}{4}$ C. flour
1 t. soda	

Beat eggs separately. Cream butter and sugar, add yolks, well beaten. Mix soda and flour, add slowly to above mixture. Let part 1 cool and then mix all together. Add whites last, beaten stiff. Make two layers. Bake 25 min. Put together with boiled frosting and then cover top.

## FROSTING.

1 C. sugar granulated	4 C. H <sub>2</sub> O
-----------------------	-----------------------

Boil till it threads. Pour slowly over 1 white beaten stiff. Beat till cold. Spread with silver knife dipped in hot water.

## SPICE CAKE.

$\frac{1}{2}$ C. butter	$\frac{1}{4}$ C. sour milk
1 C. sugar	$\frac{1}{4}$ C. molasses
2 eggs	$\frac{1}{2}$ t. soda
$\frac{1}{2}$ C. currants	2 C. pastry flour
$\frac{1}{2}$ C. raisins	$\frac{1}{2}$ t. cloves
1 t. cinnamon	$\frac{1}{2}$ t. allspice

Cream butter, add sugar, egg well beaten, molasses and sour milk. Mix and sift dry ingredients, add to mixture. Bake in moderate oven.



## Cakes and Other Pastry

### BANANA SHORTCAKE.

1-3 cup butter	4 bananas
1 cup sugar	Meringue
$\frac{1}{2}$ cup milk	Cream filling
$1\frac{3}{4}$ cups flour	2 eggs
$2\frac{1}{2}$ t. baking powder	

Cream butter, add sugar, then egg yolks, flour and baking-powder sifted, and milk. Alternate flour and milk. Bake in square cake-pan. Place bananas, when done, on tops, cut in halves lengthening, then quarters. Cover with thick custard filling and meringue. Use two egg whites,  $\frac{1}{4}$  cup sugar. Place meringue on top with pastry-bag. Brown in oven.

### LEMON SNAPS.

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ t. soda
1 cup sugar	Flour to roll
2 eggs	Juice $\frac{1}{2}$ lemon

Cream butter; add sugar, eggs well beaten, lemon juice, soda mixed with flour. Roll thin and shape. Bake.

### GOLD CAKE.

$\frac{1}{2}$ cup butter	2 t. baking powder
1 cup sugar	$\frac{1}{2}$ cup milk
4 yolks	$\frac{1}{2}$ t. orange or lemon
$1\frac{3}{4}$ cups flour	extract

Cream butter, add sugar gradually; egg yolks well beaten, flavoring. Sift baking-powder with flour; add alternately with milk.

### WHITE CAKE.

1 cup sugar	$1\frac{1}{2}$ cup flour
3 egg whites	$\frac{1}{2}$ cup milk
$1\frac{1}{2}$ t. baking powder	1 t. vanilla
1-3 cup butter	

Cream butter, add sugar, beat till light, add flour sifted with baking-powder; alternate with milk, add vanilla; beat, fold in egg whites beaten.

### SOUR CREAM COOKIES.

2 eggs	1 cup sour milk or cream
1 cup sugar	$\frac{1}{2}$ t. soda
Flour to make soft	Dough to be rolled

Beat eggs till light, add sugar, a little flour mixed with soda. Milk. Alternate milk and flour. Roll  $\frac{1}{8}$  inch thick. Bake till brown.

## PORK CAKE.

2 cups salt pork, chopped	1 T. cloves
1 cup seeded raisins	$\frac{1}{2}$ cup boiling water
1 cup currants	poured over pork, or
$\frac{1}{2}$ lb. citron	$\frac{1}{2}$ cup coffee
6 cups flour	1 T. soda
2 cups sugar	1 cup molasses
1 T. cinnamon	Bake in slow oven

## JELLY ROLL.

3 eggs	1 cup flour
1 cup sugar	1 t. cream of tartar
1-3 cup milk	$\frac{1}{2}$ t. soda
1-16 t. salt	

Beat eggs till light, add sugar, sift flour and cream of tartar and soda, add alternately with milk. Bake in large pan. While warm spread with jelly and roll tight. Sprinkle with powdered sugar. Cut edges off with sharp knife if hard.

## CURRANT CAKE.

$\frac{1}{2}$ cup butter	2 cups flour
1 cup sugar	3 t. baking powder
2 eggs	1 cup currants
1 egg yolk	mixed with 1 T. flour
$\frac{1}{2}$ cup milk	

Cream butter, add sugar, eggs well beaten, sift flour and baking powder, add alternately with milk. Add currants last. Bake in individual tins or loaf.

## PEANUT COOKIES.

4 T. butter	4 T. milk
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ t. salt
2 egg yolks	1 t. lemon juice
1 cup flour	$1\frac{1}{2}$ t. baking powder
2 cups chopped peanuts	

Cream butter, add sugar gradually, add egg yolks well beaten, milk and salt. Sift baking powder with flour and beat thoroughly. Add lemon juice. Roll  $\frac{1}{8}$  inch thick. Cover with chopped peanuts. Bake in slow oven 12 min.

## ORNAMENTAL FROSTING.

Whites 3 eggs	1 T. lemon juice
---------------	------------------

Confectioner's sugar sifted. Put eggs in bowl, add 2 T. sugar, beat until thick, add more sugar and lemon juice very slowly, continue beating, add sugar by spoonfuls until stiff enough to spread. Insert knife in mixture; if knife makes a clean cut it is of right consistency to hold its shape. Use pastry bag and tube.

## WALNUT CAKE.

$\frac{1}{2}$ cup butter	$1\frac{1}{4}$ cup flour
1 cup sugar	$2\frac{1}{2}$ t. baking powder
$\frac{1}{2}$ cup milk	Yolks 3 eggs
$\frac{3}{4}$ cup walnuts	Whites 2 eggs

Cream butter, add sugar slowly, add egg yolks well beaten. Sift baking powder with flour and add alternately with milk. Reserve  $\frac{1}{4}$  cup flour and put with nuts. Add floured nuts and fold in beaten egg whites. Bake in moderate oven 45 min. Cover with frosting. Put walnuts on top.

## SPONGE DROPS.

3 egg whites	1-3 cup flour
1-3 cup conf. sugar	$\frac{1}{4}$ t. vanilla
2 egg yolks	$\frac{1}{8}$ t. salt

Beat egg whites till dry, add sugar gradually, continue beating, add yolks beaten till thick. Mix flour and salt, cut and fold in cover pan with buttered paper. Drop mixture from spoon or shape with pastry bag and tube. Sprinkle with confectioner's sugar. Bake in hot oven. Remove quickly from paper with sharp knife.

## SWEET MILK DOUGHNUTS.

1 cup sugar	2 eggs
4 cups pastry flour	2 t. cream tartar
1 t. soda	1 t. salt
$\frac{1}{4}$ t. nutmeg or ginger	1 cup milk
1 t. butter or lard	

Mix flour, cream tartar, soda, salt and nutmeg, reserving 1 cup flour. Beat eggs well, add sugar, alternately add flour and milk, add melted butter or lard, beat well. Add last cup flour, or portion, as needed, and beat thoroughly. Roll out only portion at a time  $\frac{1}{4}$  inch thick. Cut and fry in deep fat. The amount of flour varies slightly with the brand.

## BANANA FRITTERS.

1 C. flour	1 egg yolk
1 t. baking powder	1 egg white
$\frac{1}{4}$ t. salt	$\frac{1}{2}$ t. melted butter
$\frac{1}{2}$ C. milk	

Sift dry ingredients, add milk slowly, yolk of eggs beaten well, white of egg beaten stiff, and melted butter. Remove skins from bananas, cut in half lengthwise, then in half crosswise. Dip in batter and fry in deep fat. Serve with lemon or orange sauce.

#### MOLASSES COOKIES.

1 C. molasses	1 tsp. soda
$\frac{1}{2}$ C. butter and lard mixed	2 T. warm milk
$2\frac{1}{2}$ C. bread flour	1 T. ginger

Heat molasses to boiling point, add shortening which has been melted, ginger, soda dissolved in warm milk, and the flour. Chill thoroughly. Toss  $\frac{1}{4}$  mixture on floured board, roll  $\frac{1}{8}$  inch thick, shape and place in buttered pan, bake in moderate oven until browned.

#### DOUGHNUTS.

1 C. sour milk	1 egg
2 T. melted lard	$\frac{1}{2}$ t. ginger
1 t. soda	Pastry flour to form soft
$\frac{1}{2}$ t. salt	roll about 3 C.
1 C. sugar	

Add beaten egg to sugar, add sour milk, then add flour sifted with soda, salt and ginger. Add lard and flour enough to roll. Roll  $\frac{1}{4}$  inch thick, shape with doughnut cutter. Fry in deep fat, 5 min. Turn when dough begins to crack. Drain on brown paper.

#### SUGAR COOKIES.

2 eggs	1 t. soda
1 C. sugar	$\frac{1}{4}$ C. milk
$\frac{1}{2}$ C. butter	Flour to roll
2 t. cream of tartar	

Cream butter, add sugar gradually, add egg well beaten, add milk, add soda and cream of tartar sifted with flour. Roll, shape and bake.

#### SPONGE CAKE.

2 egg yolks	$\frac{1}{2}$ t. lemon juice
1 C. sugar	1 C. flour
$\frac{1}{2}$ C. milk	$1\frac{1}{2}$ t. baking powder
$\frac{1}{4}$ t. salt	2 egg whites

Beat the yolks of eggs until thick, add  $\frac{1}{2}$  sugar slowly, then milk, remainder of sugar, beat well. Sift baking powder with flour. Add flour, salt and flavoring. Lastly fold in egg whites beaten stiff. Bake 45 to 60 minutes in slow oven.

## SHORT CAKE DOUGH.

2 C. flour  
4 T. butter  
 $\frac{1}{2}$  t. salt

4 t. baking powder  
 $\frac{3}{4}$  C. milk

Mix, shape and bake in individual cakes. Use biscuit cutter. Bake, cut in half. Put strawberries slightly crushed in centre and whole berries on top with whipped cream. Sweeten crushed berries.

## Cookery Phrases

Au gratin—with browned crumbs.

En coquille—in shells.

Au jus—with gravy.

Cafe au lait—with hot milk.

En papillote—in papers.

Glace—covered with icing.

Jardiniere—garnish of mixed vegetables.

Au and aux—with.

A la—dressed in certain style.

Marinate—to pickle or sprinkle with French dressing.

Lit—layer.

Lardoon—piece of salt pork or bacon used in larding.

Meringue—icing made of egg white and sugar.

Julienne—clear soup with shredded vegetables.

Puree—thick soup rubbed through sieve.

Ragout—highly seasoned stew flavored with wine.

Souffle—very light omelet or pudding.

Rechauffe—any food warmed over.

Bechamel—white sauce of stock and cream.

Maraschino—a kind of brandy.

Potage—a soup.

Bouchees—very small patties.

Koumiss—milk fermented with yeast.

## Demonstration of the Fireless-Cooker

(Baked beans and cornmeal mush were made in class, to demonstrate the possibilities of the fireless-cooker.)

The present interest in fireless-cookers is of comparatively recent date, although they were used in Norway as early as 1867, and were exhibited at that time at some of the continental fairs. Little interest was taken in them. The Norwegians, however, used them right along.

Other nations took them up about ten years ago. The Germans, always a progressive people, used them in the army in the form of hay-boxes.

The main idea, the principle of the fireless-cooker system, is that it will retain, without fuel, all the heat that is generated on a flame-stove, for a period varying from 8 to 15 hours.

A fireless-cooker consists of a box of wood (wood being a very poor conductor of heat) lined (or insulated) with some very poor conductor of heat—as sawdust, hay, felt, asbestos, or charcoal, just as a refrigerator is lined. Asbestos is an exceedingly poor conductor of heat.

This lining in turn is covered with some cleanable material, as zinc, (this being a very poor conductor of heat), and is fitted with compartments into which utensils may be set. These compartments have closely fitting covers which are, in turn, covered with a wooden zinc-lined lid which may be clamped closely into place, so as to make the box as nearly air-tight as can be.

In other words, a fireless-cooker is made as air-tight as possible, so that a vacuum may be created in so far as possible.

The fireless-cooker may be used to *finish* the cooking of boiled meats, pot roasts of beef, chicken, poultry, corned beef, ham; or dried vegetables, fresh vegetables, legumes, cereals, soups, apple sauce, steamed puddings, etc.

But the fireless-cooker cannot be used for articles whose chief attraction lies in a crisp, brown surface, as roast beef, broiled steak, fried potatoes, etc., because the heat cannot be retained at so high a temperature for so long a time.

Nothing can be successfully raised to a temperature beyond that generated in boiling water; and after a few hours the temperature drops a few degrees,—e. g. water was raised to the boiling point, placed in the fireless-cooker and allowed to remain five hours; at the

expiration of that time the temperature had dropped to 190°, which is just above simmering point.

It is necessary to commence the cooking of all articles over a free flame—a direct heat (no double-boiler is ever to be used), and to cook them in boiling liquid a certain length of time over the fire before transferring them to the cooker. They must boil briskly, bubbling all over, during this time. The following table will serve as a guide for the length of time required by the various kinds of food for this previous cooking:—

1 hr. for cereals.
30 min. for meats.
10 min. for green vegetables.
15 min. for steamed puddings.
30 min. for beans and legumes.

Place the covers on the vessels, and allow the mixture while still boiling to cook 5 minutes covered before transferring to the cooker. This is to retain all the heat possible.

Transfer at once, and just as quickly as possible, put down the covers and clamp down the lid as quickly as possible.

The general rule for the time of cooking in the fireless-cooker is that it shall be twice as long as that required in an ordinary stove.

Nothing can be examined while cooking in the cooker, because it lets out heat.

The food *cannot* burn when cooked by the fireless-cooker method. It is better to use too much water than too little.

Articles requiring over 8 hours' cooking are improved by removing at the end of 6 hours, reheating and replacing.

If a very small quantity of anything is to be cooked, there will not be sufficient heat in it to retain the cooking process. In that case, place the mixture in a double-boiler, and set the whole into the fireless-cooker. Otherwise there is not heat enough to last. If one improvises a double-boiler by putting the boiling water into one of the kettles which fit into the compartments of the cooker, and then placing a smaller utensil containing the mixture inside of this, it will be necessary to put a trivet in the bottom of the larger kettle to rest the smaller one on. In this way one gets the double circulation.

Some of the advantages of the fireless-cooker as experienced by some are enumerated below.

Miss Anna Barrows of Simmons College, and one of the most noted dietitians of the day, says:—

- (1) The fireless-cooker requires no fuel.
- (2) The pots used in the cookery are not difficult to wash, as they are not blackened, and they will last indefinitely.



- (3) The food is thoroughly cooked, therefore a better flavor and more digestible.
- (4) Kitchen odors are obviated.
- (5) Time and labor are saved.
- (6) There is no need of stirring, no fear of scorching or burning.
- (7) Water may be kept warm in it for hours—a great help in case of sickness and in hot weather.
- (8) It is a great boon to campers, as they may prepare a hot dinner without staying in camp.
- (9) It is a great advantage when used in conjunction with a gas stove, for it may be used in long cooking, as for beans, ham, etc., saving a large amount of gas.

Hutchinson, perhaps the most noted of all dietitians, says that the fireless-cooker can be used to keep ice cream cold.

Fireless-cookers range in price from \$10 and \$15 up.

See *Caloric Book of Recipes for fireless*. Published in Janesville, Wis.

# Formal Meals

## FORMAL LUNCHEON.

A luncheon of six or more covers to which formal invitations have been sent, should consist of six or more courses, careful attention should be given to the selection of each course, so that it will blend harmoniously with the others, and so that there will be no repetition of foods in any form. The invitation to a formal luncheon should read as follows:

These invitations should be answered within twenty-four hours of their reception. The proper time for a formal luncheon is at 1 or

*Mrs. Howard Smith requests  
the pleasure of Miss Baker's  
company at luncheon,  
October the twenty-third,  
Nineteen hundred and eight,  
at 1 o'clock, at*

*104 Vernon Street, Worcester, Mass.*

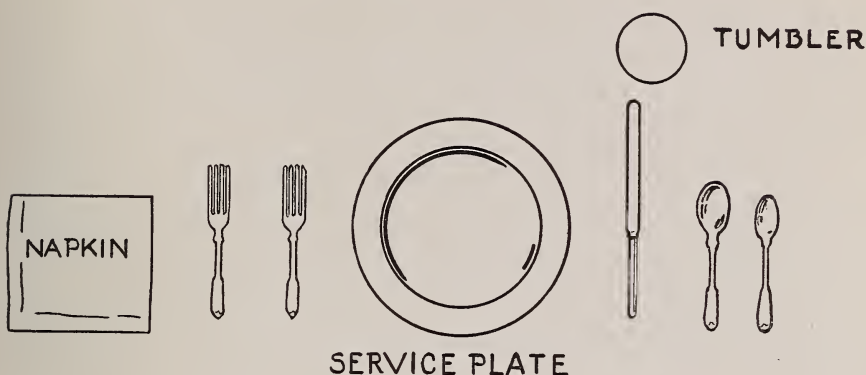
1.30 o'clock, and it is customary to wear both hat and gloves to the table. The dress is the same as for an afternoon reception, a silk or light cloth gown or fancy waist, with a long skirt.

The guests must be met at the door by a uniformed maid, who directs them to the dressing room, where another maid is stationed to render any needed assistance. The guest then goes to the reception room, where she is greeted by the hostess and presented to other members of the party. When there is a guest of honor, all guests should be punctual in coming, so to be ready to be presented upon her arrival.

At the stated time the maid announces that "Luncheon is served," and the guests pass informally to the dining room, where their places at table are designated by place cards, on which is written the name of the guest to occupy that particular seat. The guest of honor is seated at the right of the hostess, and if there are two guests of honor, the other at the left. It is customary to carry out a color scheme in both decorations and menu, as a yellow luncheon, a green luncheon for St. Patrick's day, etc., and the place cards usually carry out the idea, too. The centre piece should cover the same idea.

If the dining table is of very handsome wood it may be left bare, using small doilies under the plates and dishes and a centrepiece. This is a rare opportunity to display artistic embroideries, but the

plain damask tablecloth is always in good form. The covers are set according to the following diagram :



and consist of the necessary plate, knives, spoons, forks, glasses, etc. Allow at least 20 inches for each person and more for elbow room if possible. At each cover place the best 10-inch plate you have. This is called the "service plate," and is to be left on until the first hot course after the soup is served. The service plate should be placed exactly in the middle of the space allotted to each person, and about 1 inch from the edge of the table. Place at the right of service plate as many knives as will be required before the dessert, each one with the sharp edge turned toward the plate and in the order in which they will be needed, beginning at the extreme right. At the right of the knives place the spoon for soup, with the inside of the bowl turned up and then the fork or spoon for first course last. At the left place as many forks as will be needed before dessert in the order in which they will be needed, beginning with the first fork and going from left to right. Place forks with tines up. If there are not many courses the dessert fork or spoon may be placed on the table at the beginning, the fork next to the plate with other forks, the spoons in front of the plate. **After-dinner coffee** spoons are passed in saucers with the cups. At upper right hand corner over knives place glass for water. The napkins should be of medium size and placed folded at the left. The luncheon cards should be placed on the napkin.

A few words on decoration may be said. Aim to have things simple, but artistic; avoid any appearance of millinery; do not have high centre piece or a great display of flowers. A beautiful silver or glass bowl filled with an artistic arrangement of flowers and vines placed upon a lovely centre piece is enough. Individual flowers, as bunches of violets, daffodils, etc., are often placed in front or across the service plate, and are an appreciated attention.

A wreath or vine around the outer edge of the table is proper for formal luncheon.

Small silver or glass dishes containing relishes, bonbons and salted nuts are usually placed on the table. Butter dishes or bread and butter plates are never used at a formal luncheon. It is supposed that care has been taken to supply each course with all requirements in the way of seasonings, and sauces and condiments are served as they are needed.

A formal luncheon is usually served from the pantry in individual servings, the waitress having tray in left hand, putting plate containing the portion upon it, taking it to the right side of each guest and with the right hand placing it upon the service plate until after the puree course, which is removed with the service plate, then setting it in front of each guest and close to the edge of the table. The soup or puree is always served in two-handled bouillon cups. If anything is to be passed it should be placed on the tray and passed to the left side of each guest, being held low enough to enable the guest to help himself with his right hand.

If the method of always having a plate before each guest until dessert is followed, then the tray should be dispensed with in placing the course. Remove from the right with the left hand and place the following course on empty service plate, with the right hand always from the right.

Pass to the left of guest.

Remove from the right of guest.

Place at the right of guest.

Guests should be served in rotation, commencing with the guest of honor, so that no one will always be served last. To remove each course wait until every one has finished, then take tray in left hand and with the right hand remove plate from the right, placing it upon the tray. If the knife or fork is accidentally left upon the table by a thoughtless guest, it should be taken up quietly and put on the plate on the tray. Do not remove more than one plate at a time, or all belonging to the course at each cover. It is very bad form to pile one plate on top of another when clearing the table.

Remember two things, that guests are invited for social intercourse, and that the machinery of serving should run so *smoothly* and *quietly* that there will be no interruption to the conversation. The most successful entertainment is the one that is so simply and quietly served as to be beyond criticism.

The proper dress of the maid is black with white linen collar and cuffs, white bib apron and white cap. Her shoes should be rubber-soled and her movements noiseless.

It is not the correct thing to use a brush and crumb tray, but a

finger napkin and plate. It is not correct to use a menu card at a private luncheon.

### FORMAL LUNCHEON.

October 26th, 1900.—Time 1 P. M.

Grape fruit (g. oysters)  
 Cream of cucumber soup (g. egg-balls)  
 Royal sticks  
 Fricassee of chicken—egg sauce  
 Rice croquettes, celery curls  
 Squash rolls  
 Marguerite salad, cheese wafers  
 French ice cream in sponge baskets  
 Salted peanuts, candied orange peel  
 Coffee

### LIST OF DISHES.

Pass toast sticks	6 medium plates	size)
	6 service plates	6 teaspoons
Pass celery and rolls	6 salad plates	6 small plates, 6 doilies
	6 service plates	6 bouillon spoons
Pass wafers	6 small plates	6 forks
6 service plates	6 small coffee cups	6 knives
6 grape fruit	2 small fancy dishes	6 forks
6 finger bowls	for bonbons and	6 forks
6 bouillon cups	bonbon spoons	6 small spoons
6 service plates	6 napkins (medium	

### A FORMAL DINNER.

A formal dinner does not differ very much in point of etiquette, serving, etc., from a formal luncheon.

### INVITATIONS.

As for the formal luncheon, the invitations should be written in the third person; the form is the same. They should be sent two weeks before the dinner is to be given.

### ACCEPTANCE.

The acceptance should be written in the third person also, and should repeat everything that is written in the invitation in regard to time, place, etc. Invitations should be answered within twenty-four hours of their reception.

## TIME.

The proper time for a formal dinner is 8.00 P. M. The guests should arrive 15 or 20 minutes before the designated time. If there is a guest of honor, the guests should be punctual so as to be presented to her.

## DRESS.

A formal dinner calls for full dress. This is a chance for the display of much jewelry. The ladies wear décolleté gowns,—low neck and short sleeves, or very thin lace sleeves, or the like if long sleeves are worn. With short sleeves, long gloves should be worn, removing the hand portion at table and turning it at the wrist; or if this cannot be done readily, it is perfectly proper to remove the glove entirely. Of course, short gloves are removed at table. No hats should be worn. The hair is to be dressed with ribbons, aigrettes, fancy combs, flowers, or any kind of hair ornaments. The display at a formal dinner is mostly in the dress and the silver displayed upon the table.

The entrance and presentation of guests, the conduct of the guest of honor, the announcing of dinner, and the entrance and seating of the guests in the dining-room, are quite as for the formal luncheon.

## TABLE DECORATION.

For a formal dinner, the decoration should be only round the centre of the table; for a luncheon, it can be around the edge of the table, but never for a dinner. A centerpiece of flowers is appropriate. As above mentioned, most of the display is in the dress and table silver.

## PLACE CARDS.

Place cards are not decorated much for a formal dinner; they can be decorated, but if so, the decoration must be very simple, without color. We remember that color was permissible, and even desirable, for a luncheon. Never, in any place card, use the Christian name unless there are to be more than one of the same surname. It should be simply "Miss White," etc.

## TABLE COVERING.

The table at a formal dinner must always be covered with a linen or damask table cloth; at a luncheon, it is very proper to use the bare table with doilies and centerpieces to match; in fact, it is better so. As stated before, the table cloth for a dinner must be linen or damask. Underneath this must go a silence cloth. On each side of the table,  $\frac{1}{4}$  of a yard of the table cloth should hang over the edge; a table cloth with many creases and folds is not permissible at a formal dinner. It is better to have it laundered with a single fold; when

this is done, the cloth is rolled on a long roller to keep it fresh until needed. It is, however, proper to have but one crease, if any, in the table cloth. This should extend through the centre of the cloth lengthwise. It is well to have asbestos mats under the doilies used about the table for dinner. Square tables have square doilies and centrepieces, while round tables have round doilies and centrepieces. All doilies and centrepieces must match. Paper doilies may be used, provided one has a cloth centrepiece to match.

#### NAPKINS.

In folding the napkins, the top square of the last fold should present the selvedge and hem. Fold the napkin again; place it, when setting the table, to the extreme left of the plate beyond the forks, with the inside of the fold toward the plate. The place card is placed crosswise upon the napkin.

#### MENU.

A formal dinner has a great many courses and a great deal of silver is used. The usual number of courses is 8, 10 or 12. The dinner of 12 courses is the most strictly formal; it makes a very heavy formal dinner, and is really too heavy for women. In making out the menu, the hostess should take great care not to repeat flavors or dishes throughout the courses. Of course, it is highly improper to use menu cards.

#### SETTING OF TABLE.

The table is set quite as for the formal luncheon, having at least 20 inches between each guest.

**SERVICE PLATE.** At each cover is placed a 10-inch service plate; it should be one inch from the edge of the table. This service plate is to be left on until the first hot course after the soup.

**SILVER.** One should not entertain so extensively at dinner, as not to have enough silver to put on at once all that will be needed for all the courses. Some people, however, consider it vulgar to display so much silver on the table at once; for a 12-course dinner there would be at least 12 pieces of silver needed at each cover. Some courses will need no silver, while others will need two pieces. In case one has not enough silver, or dislikes the display, one can bring in the silver by installments; i. e. in setting the table, one lays only enough silver for 2 or 3, or 3 or 4 courses, and brings in with each succeeding course just enough silver for that course. In bringing in the silver this way, it is nicest to use a silver tray, having thereon enough silver for all covers for that one course. In distributing this silver, never reach in front of any guest; merely go to the left of the guest, laying the fork, and then to the right, laying the knife or spoon—i. e. lay

all the silver necessary at each cover before going on to the next. The silver for each course, when brought in by installments, should be laid before the course is served.

There are two ways in which the silver may be laid, as regards its order. One way, which is perhaps the least confusing to the guests, is as follows: When both a knife and fork are needed, the forks are placed at the left of the plate and one inch from the edge of the table (laid in the order needed, from the extreme left in towards the plate); the knives are placed at the right of the plate, and one inch from the edge of the table (laid in the order needed, going from the extreme right in towards the plate. But here's the point wherein this method differs from the other:—if only a fork or a spoon (as for an entree or the soup) is needed for a course, it should be placed to the right of the plate with the knives and arranged in the order needed. This makes it less awkward and confusing for the guest to select the silver for each course, but does not make the table look so attractive.\*

The other method of setting the silver is the same as described in the lecture on the formal luncheon.

**GLASSES.** Place the glasses at the upper right hand corner of the plate, just above the top of the knife. The glasses should be filled with water just before the guests enter the dining room. Fill them only about two-thirds full.

**SALTS and PEPPERS.** It is not customary to use these at a formal meal; but they can be used. They should be placed just above the serving plate and in the centre. They must always be removed just before the dessert course.

**BUTTER.** Butter should not be used at a formal dinner—i. e. to be strictly formal.

**RELISHES,** as olives, radishes, celery, etc., are placed on the table before the entrance of the guests. They are put in small fancy dishes (not individual) and are to be passed by the waitress. They must be removed just before the dessert course. They should be so placed on the table that the waitress can conveniently reach them. They are passed with the fish, game and roast courses.

**BON BONS and SALTED NUTS.** These are to be placed upon the table before the entrance of the guests and are to be passed just as the relishes, but are not to be removed before the dessert course. They are passed with the dessert or with the eleventh course.

#### ORDER OF COURSES.

1st course consists of grape fruit or cocktails, or canapes.

2nd course—Clear soup, as bouillon or consommé—never a heavy

---

\*Always remember to set only the silver which will be needed before the dessert.



soup. With this course is generally served a bread stick or a cheese straw or a plain half cracker.

3rd course—The fish course.

4th course—An entree course consisting of any of the following: Small meat or chicken croquettes, timbales, macaroni, sweetbreads, chicken livers served in croustades, mushrooms, or any proteid food. All of these can be served with or without a sauce. The sauce used should be either a plain white sauce or a drawn butter sauce. Rolls can be served with this course.

5th course—The roast course. Any roast as lamb, beef, pig, pork, bear, veal, venison, can be used. Turkey or chicken can be used, but some people consider them as game. Gravies and almost any kind of vegetables are included in this course. One kind of vegetable is generally used beside potato.

6th course—The vegetables entrees consisting of spinach, celery or asparagus in croustades; or some kind of fritters, especially fruit fritters, as banana or apple with orange sauce.

7th course—The first cold course, some kind of sherbet, as grape, milk or lemon.

8th course. The game course, consisting of pigeon pie, partridge pie, squab pie, broiled quail, roast duck or the like. Dressing or marmalade, jelly, or spiced grape, are generally served with this course.

9th course—The salad course. Any kind of salad can be served, but preferably some very small light salad, as jellied tomato salad. Small sandwiches, as brown bread and cheese, can be served in this course.

10th course—The dessert. This should be ice cream or frozen pudding.

11th course—Thin wafers, with cheese or small fruits, as raisins, figs and dates.

12th course—Cafe noir—i. e. very strong black coffee.

The above outline contains enough for a twelve-course dinner; this, however, can be shortened by leaving out the entree courses, but in that case one should serve a sandwich with the soup or the salad course.

#### EXPLANATION OF COURSES.

1st course. Meant as an appetizer. If grape fruit is served, of course finger bowls will have to be brought in at the end of the course; orange spoons should be put on when the table is set and should come to the extreme right of the knives, being placed one inch from the table's edge. If fruit cocktails are served a spoon is best; but for clam or oyster cocktails a fork is used. Should canapes be used for the first course, it might be well to explain what they are. A canape is really a form of sandwich and is to be eaten from the fingers. It

consists of a tiny piece of rather dry bread or toasted or sauted bread or a cracker; this is spread with soft cheese or a paste of some kind (as anchovy) or salmon or yolk of hard-cooked egg or anything of like nature. Sometimes another slice of bread is placed on top of this; if not, the canape is generally decorated or garnished in some design. Sometimes a cherry is placed on top; sometimes chopped olives are used for a garnish; almost anything can be used for this purpose. Usually the canapes are cut in rather fancy shapes about 2 inches in diameter; the slices should be nice and thin. Use a simple tea plate or a bread and butter plate for serving the canapes. Of course the service plate is always under the first course plate.

2nd course. It is not good form to serve heavy soups like purees at formal dinners; serve clear soups as consomme or bouillon. They can be served either in soup plates or bouillon cups. It is better, however, to serve the soup in soup plates for a dinner, and in bouillon cups for a luncheon. Have the plate or cup only about two-thirds full, and always have the service plate underneath. The bread-stick or whatever of that nature is to be eaten with the soup, should be placed in the fold of the napkin before the guests enter the dining room. Croutons are not served with a clear soup; they are all right for purees. If a soup-plate is used, place a soup spoon at each cover; if a bouillon cup, use bouillon spoons.

3rd course. The service plate must be removed, this being the first hot course after the soup. A small silver knife and fork will be needed for this, the fish course. If the fish is to be served in the shell, ordinary clam or oyster shells are pretty to use; but they must be thoroughly sterilized by boiling 2 or 3 minutes in water. The very hard clam shells, which are almost circular in shape and which have a dark blue border on the inside of the shell, are well adapted to this use. (It is a good plan to save up the most perfect shells one comes across and keep them in a tightly covered tin pail.) When serving place the shell in the centre of the plate. One can hold the shell with the fingers to steady it while eating the fish; or one can steady the shell with the knife.

4th course. An entree course. It is the "entrance to" the course preceding the chief hot course. For this, a small knife and fork, such as was used for the fish, will be needed. Sometimes only a fork will suffice. Any proteid food can be used for this course; mushrooms are especially good, being very rich in proteid and greatly resembling meat in this respect. Of the list given above to choose from the macaroni is the only food that is not proteid, and yet it is excellent for such an entree. Rolls or bread without butter can be served with this course or the salad course, but are not needed. Timbales should only be filled one-half full.

5th course. The roast course. A large dinner fork and a large

dinner knife, of steel, should be used; also a large dinner plate. Vegetables and gravies are included in this course and are put on the same plate with the roast. A brown gravy or mushroom sauce are either of them good to serve here, though the mushroom sauce must not be used if mushrooms appear anywhere else on the menu, e. g. in an entree course. Almost any kind of vegetable can be used, but preferably vegetables which are not soft and "mushy," as baked squash; beets, etc.; otherwise if the vegetable is soft and wet, it must be served on a little plate at the upper left of the large plate. It is much better to put the vegetables on the large plate with the meat, so select as dry ones as possible. It is customary to serve one vegetable beside potato with this course. Put a tablespoonful of gravy on the plate with the meat, but by no means ON the meat or potato; so that if a person does not care for it they will not be obliged to eat it. Also if squash is served, place a tablespoonful of that on the same plate, and if potato roses are served, put two of them on the plate also.

6th course. This is the vegetable entree to precede the 1st cold course. A small fork will be needed here. The croustades needed for this course can be cut out of bread or else be made out of regular croustade batter, which is similar to puff paste. If fritters are served with some kind of sauce, put the sauce on the same plate at one side of the fritter.

7th course. The first cold course. The sherbet should be served in sherbet glasses; set a doily on a small plate and place the sherbet cup on the centre of the doily. If the sherbet is rather stiff it can be eaten with a fork; otherwise a spoon should be used. A spoon can be used anyway, no matter what the condition of the sherbet may be.

8th course. The game course. If a whole bird is to be served each guest, as, for instance, is done with broiled quail, never serve a large one. If any sauce or condiment is served, as is generally the case, it should be put on the same plate. Put only a small quantity, as one-half teaspoonful of marmalade on each plate. Use a breakfast plate, a fork, and a steel knife for this course. Always use a steel knife for the game and the roast.

9th course. The salad course. A fork will be needed for this. A small sandwich or roll, or bread, can be served with the salad if wished, and should be served on the same plate. The service plate should be brought in again with this course, for the following course is the dessert, and the table will have to be crumbed between the courses, so there would be nothing in front of the guest if the service plate were not brought.

10th course. The dessert course. The ice cream should be eaten with a small fork, if it is stiff, but with a spoon if it is soft.

11th course. Thin wafers and small fruits. These fruits are

eaten from the fingers, so the finger bowls should be brought in at the close of this course.

12th course. If the coffee is to be served in the drawing-room, the hostess rises first. If there are men in the party they remain in the dining-room, for their coffee and smoke. Oftentimes the coffee is served in the dining-room for all, and, of course, there is no smoking then; but the former is considered best when men are present. When serving the coffee in the drawing-room, the waitress carries but one cup at a time on a small silver tray. The tray should be covered with a doily. An after-dinner coffee cup is smaller than the other kind of coffee cups. The spoon, which is a small one, should be placed on the saucer. After passing the coffee the waitress should pass the sugar and creamer; these are also to be served from the tray covered with a doily. The cover is to be removed from the sugar and the tongs must be placed conveniently handy. Though it is the duty of the waitress to pass her tray to each one of the guests, it is very improper for any one to accept the proffered sugar or cream. One must never partake, and yet propriety demands that they be offered. Even though the party be comprised wholly of ladies, the coffee is often served in the drawing-room, but never there for men.

The waitress should be ever watchful that no one has chance to lay their empty cup and saucer down when they are through with it. She should be on the alert, ready to take them out on her tray at once. It is perfectly proper that 2 or 3 cups be removed at a time, but only one should be brought in at a time.

#### SERVING THE DINNER.

This is practically the same as for the luncheon. Remember that the guest is never to be left without something before him; this explains why the service plate is called into use.

Always remove dishes from the right of the guest; also place courses from the right of the guest, and pass dishes to the left of the guest. This can be remembered better as follows: "Remove from the right, place to the right, and pass to the left."

Since both the removing and placing are done from the right, it is much easier to use one's left hand in removing a course, while at the same time placing the new course with the right hand. This saves having a long wait, is much quicker and less awkward than if both things were done with the right hand; one can always do it this way unless using a tray to bring in and remove courses. Hence many prefer not to use a tray.

In passing a dish to the left of the guest, though not necessary, it is much more convenient to use the left hand. One is less likely to bump into the guest.

TO BE PASSED. The relishes, bon bons and salted nuts, which

were placed on the table before the guests entered the dining-room, are to be passed at different times. It is well to have the dishes containing them so placed as to be of easy access to the waitress; a good way is to place them towards the corners of the table, or so that they can be reached from the corners. This is less likely to disturb the guests. Never pass anything but once.

**RELISHES.** These are all to be passed before the dessert course, and must be removed just before the dessert course. They are usually served with the fish, roast and sometimes the game courses, and must be selected for their appropriateness or fitness to the course with which they are to be served. Pickled things are generally passed with the fish course. A good choice is as follows: Stuffed olives with the fish course; celery curls with the roast course; radish roses with the game course. Remember to remove all relish dishes before crumbing the table.

**SALTED NUTS AND BON BONS.** These are to be passed with and after the dessert course, but each thing must not be passed more than once. A good way is to pass the salted nuts with the ice cream and the bon bons with the wafer course.

**SAUCES, GRAVIES AND CONDIMENTS** are generally put on the plate with the course with which they are to be served. This, of course, is done before bringing the course into the dining-room. Never, under any consideration, pour the sauce or gravy over the food, for some might not care for it; but rather place about a tablespoonful on the plate beside the food. With a condiment often a smaller quantity is desired; maybe a half teaspoonful to a full teaspoonful. With some salads it is desirous that the dressing should be on one side so as not to spoil the attractive appearance of the salad; in that case put about a tablespoonful on one side, either on the lettuce leaf or on the plate itself, preferably the former.

**FINGER BOWLS** should always be brought in and placed after the fruit courses for a dinner; whereas, at a formal breakfast they are put on the table when it is set.

**GLASSES** should be filled when needed during the meal, but only about 2-3 full. Never lift the glass to do this, but step up and pour the water into it from a pitcher or water bottle.

**WINES.** It is proper to serve two or three kinds of wine if desired,—light wines if for ladies and heavy wines if for men. They should be served in wine glasses and arranged in a semi-circle above the tip of the knife. If only one wine is served, place it just to the right of the glass of water.

**BREAD OR ROLLS** can be served at a formal dinner. They are generally placed in the napkins, one roll, one piece of bread, or one sandwich at each cover. Do not butter the bread, but sometimes the rolls are served buttered. In that case, open the roll, spread lightly

with butter and press together, taking care that no butter oozes out or that anything shows that it has been buttered. Rolls, bread, or sandwiches can be served with the first entree course or the salad course, but are not needed. If a bread stick or the like is ready in the napkin to be used for the soup course, the roll can be put on bread plate or served on plate with entree.

**TO CRUMB TABLE.** This should be done just before the dessert course. Always have a service plate before the guest while crumbing the table.

Contrary to the custom at a formal luncheon, we use a silver crumb tray with a silver scraper or a silver knife in crumbing the table at a formal dinner. The sharp edge of the knife is to be used. Crumb from both or either side of the guest and brush **ONLY** when you see crumbs. If a guest happens to be leaning over, by no means inconvenience her to crumb the cloth.

#### GENERAL DIRECTIONS.

For a formal meal, everything should be served from the butler's pantry in individual servings. It is permissible to have the meat carved at table for a dinner or breakfast, but never for a luncheon. It is, however, not as good form to serve en masse on the table, and the other method is much to be preferred. The waitress should be taught to carry a plate without having her thumb bent over its edge. There is a way to hold the plate firmly, steadying it with the rest of the hand, palm upwards underneath the plate.

The movements of the waitress should be noiseless and she should go about her work as if she were thinking of nothing but her work. She must show no signs whatever that she sees or hears what is going on among the guests.

The waitress must take great care in moving about the table that she does not touch a guest or her chair, or rattle any dishes.

After each course is served the waitress is to remain in the dining-room, standing at a respectful distance. She should stand erect, never propping herself against the wall.

If in removing a course the waitress discovers that a guest has carelessly or thoughtlessly left a soiled fork or anything else on the table, it is her duty to pick it up, lay it unostentatiously on the plate she is about to remove, and remove it. This must only be done when removing a course.

There must be no rattling of dishes, no banging of doors, and no loud laughing or talking in the kitchen or butler's pantry.

#### DRESS OF WAITRESS.

The dress of the waitress should be the same as for the formal

luncheon. A black dress having long sleeves and a white collar and cuffs worn with a white bib apron and a small white cap.

#### TO THE GUESTS.

A few important points to remember are as follows:

Always seat yourself at the dining table from the right side of the chair; just slide in sideways, never backwards. Also get up from the right hand side of the chair. Sit erect with only the lower part of the back touching the back of the chair. Never pull the chair up after you are seated; for it is supposed to have been placed at the right distance for you to get in comfortably and it is supposed to be left there.

Fold your napkin in your lap, having the central point downward. When through leave the napkin unfolded at the left of the plate.

Remember that the hostess should be first to rise from the table.

One should take just about as long to eat each course as does the guest of honor, so as to save her the embarrassment of keeping anyone waiting.

DO NOT thank the waitress EVER. If there is a bread stick or the like (folded in the napkin) to be used for the soup course, it should be left on the table or on the service plate when one has unfolded the napkin, and left there until the first course has been eaten.

#### NOTES ON FORMAL DINNERS WITH SUGGESTIONS FOR THE HOSTESS

First course—Canapes or cocktail (oyster, clam, scallop, fruit) or grape fruit, or blue points on half shell.

Second course—Clear soup, consomme or bouillon served with bread sticks or imperial sticks.

Third course—Fish served in shells or with sauce.

Fourth course—Entree, meat or chicken croquettes, cheese, mushrooms, sweet bread, chicken liver, in timbales or croustades with or without sauce. Roll without butter may be served with this course.

Fifth course—Roast lamb, beef, turkey or pig (whole) served with gravy, potato, one vegetable on one plate.

Sixth course—Vegetable entree, spinach, celery, asparagus tips, banana or apple fritters or croquettes with sauce.

Seventh course—Sherbet, grape, milk, lemon, frappe, in glasses on plate with doily.

Eighth course—Game, pigeon, partridge, quail, squab, duck, venison or bear, served with jelly, marmalade, spiced grape.

Ninth course—Salad, tomato aspic, cucumber, celery and apple, kumquat, nut, celery and apple, fruit and nut, served with dressing and sandwiches of peanut, cheese, lettuce, peppers, etc.

Tenth course—Dessert, ice cream with or without sauce, frozen pudding, mousse, parfait.

Eleventh course—Wafers with small fruits or crackers and cheese.

Twelfth course—Café noir, at table or ladies in drawing room, gents in smoking room.

Table—Always fine damask, no crease or one lengthwise of centre, large napkins.

Flowers—Low, with or without border about bowl.

Plate—Service plate 10 inches, remains on till first hot course or until dessert. All silver on if not too great an array. Glass directly at end of knife for meat course and filled two-thirds full of water.

Wines—Arranged in semi-circle about head of plate.

Silver—Arranged from outside in toward plate in order of use. Forks at left, knives at right.

Space—Silver and plate one inch from edge of table. Guests 20 inches apart. Chairs only near enough to table to allow guest to sit down without moving chair.

Sitting—Sit from right of chair, no hitch.

Napkins—Folded square and once again, enclosing bread stick or roll. At close of meal remain unfolded or allowed to drop on floor. Chairs not moved.

Dress—Low neck, short or no sleeves, long gloves, jewelry, fancy dress of hair with ornaments, gloves removed entirely or only hand.

Announce—Dinner announced by usher or maid: "Dinner is served."

Setting table—When the table is set the following may be on: Radishes, celery, olives, salted nuts, bon bons, glass of water, wines, bread stick in last fold of napkin and service plate 10 inches in diameter.

Butter, pepper and salt—Not served at formal meals. Food seasoned before serving.

Knives—Steel knife for roast and game courses, silver for fish course.

Relishes—All removed before dessert course.

Coffee—Served in drawing room to ladies, in dining room with cigars to gents.

Finger bowls—Placed on doily, on small plate, one-third full water, with floating rose leaf or violet, etc.

Crumb table—At close of the ninth course, using tray and scraper, napkins and plate may be used at luncheon.

Serve—From butler's pantry or host and hostess may serve at table. If coffee is served at table, full coffee service may be used. Refill two-thirds without removing from table, tray is not used at formal meals.

Passing—To the left of the guest.



Placing—Place and remove from right of guest.

Host—If host be present, guest of honor sits at his right, otherwise at the right of hostess.

Serving relishes, etc.—Pass olives with third course, celery with fifth course, radishes with eighth course, nuts with tenth course and bonbons with eleventh course.

---

### A FORMAL BREAKFAST.

Time, 11 a. m.

Centrepiece—Should be of fruit or flowers.

Setting of table—Practically the same as for the other formal meals.

Finger bowls—When fruit is served for the first course, as is generally the case, the finger bowls should be placed when the table is set. There should be one at each place on a small plate, with a doily underneath the bowl; it should be placed a little to the upper left of each place. It is not good for one chemically to have fruit for the first course unless it is grape fruit. That is really the only fruit to be served first; but custom has it that any fruit can be served first.

Bread and butter plates—After the first course, the bread and butter plates take the place of the finger bowl. A ball of butter and a spreader are placed on the plate with the bread.

Silver—The silver is set quite as for other formal meals; the forks to the left, the knives to the right, and the fruit spoon or the strawberry fork, and the coffee spoon to the right with the knives. The same rules regarding the order of placing apply here as with other formal meals.

Glasses—At the head of the knife comes the glass.

Fruit plates—When grape fruit is served, and for the first course, a plate with a doily and the grape fruit on it should be laid at each place when the table is set; and the fruit is to be passed.

Carving set—Individual servings can be made from the butler's pantry, but if meat is served en masse the carving set will be needed. This should be at the host's end of the table. At his place should be all the necessary knives, forks and spoons, as at all the other covers. To the extreme left of all the forks at his place put the carving fork, tines upward, of course; to the extreme right of all the knives should be placed the carving knife, with the sharp edge towards the carver. After the carving knife and fork have been used, lay them on a silver or glass rest, known as a rest for a carving set.

Sugar, creamer and coffee pot—The coffee is often served from the butler's pantry, but it is more social to have it served at the table by the hostess. The creamer and sugar and also the cups and saucers are

placed at the upper right of the hostess; near to these is placed the coffee pot resting on a tile. Silver pots are always best to use on the table because they retain the heat best. Sometimes individual coffee pots and sugars and creamers are used. Still another way is to have a tray with a tray cloth; on this the sugar, creamer and coffee pot are placed at the right of the hostess.

Serving of breakfast—The same rules apply here practically as for the luncheon. A few small changes are cited herewith.

Tray—Always use a tray in serving the breakfast; also use the tray for all things passed to the guests. The tray should be a small one, being only a little larger than a dinner plate. On it there should be a doily just a little smaller than the tray, and just large enough to fit well.

Cereal—The cereal is the next course after the fruit. Individual servings can be brought in alone and placed before the guest, or several separate servings in on a silver tray and be placed individually.

The waitress should be cautioned not to hold the cereal dishes in such a way as to get her thumb into the cereal, or even part way; teach her the proper way to hold a plate, as described in the formal dinner notes. With this course the cream and sugar are to be passed to the left of each guest.

Main course—Next comes the main part of the breakfast. Each plate is filled by the host or hostess and placed by the waitress, or individual servings are made from the pantry.

Coffee—Coffee is served by the hostess, or brought in and placed at the right of each guest. The handle of the cup should be turned away from the guest. Loaf sugar should be placed on the edge of the saucer, so that the guest may take it or leave it as he chooses.

Rolls are passed.

Crumbs are not removed at a formal breakfast.

\*Note—A silver tray is especially pretty to use.

### 8 P. M. FORMAL DINNER.

First course—Fruit cocktail in orange baskets.

Second course—Beef bouillon, toasted triscuits.

Third course—Fillet of fish, tartare sauce.

Fourth course—Cheese croquettes.

Fifth course—Roast lamb, caper sauce, new potatoes, brussels sprouts creamed.

Sixth course—Asparagus patties.

Seventh course—Raspberry ice.

Eighth course—Roast duck, olive and almond sauce, grape fruit marmalade.

Ninth course—Kumquat and apple salad, mayonnaise, saltines.

Tenth course—Pistachio ice cream in crystal cups on spun sugar.  
Gold cake.

Eleventh course—Graham wafers, dates.

Twelfth course—Cafe noir, demi tasse.

#### 1 P. M. FORMAL LUNCHEON.

(Ladies Only.)

First course—Sugared pineapple.

Second course—Cream of asparagus puree.

Third course—Planked halibut (garnished), potato glaze, spinach, French bread.

Fourth course—Creamed sweet bread in patty shells.

Fifth course—Pepper salads, mayonnaise, cheese sandwiches.

Sixth course—Maple parfait, Venetian cakes.

Seventh course—Coffee.

#### 11 A. M. FORMAL BREAKFAST.

(Color Scheme, Pink, Green, Yellow.)

First course—Sliced cucumber, garnished with green and pink roses (radish and olives).

Second course—Light omelet with tomato sauce.

Third course—Creamed crab in bread croustades.

Fourth course—Waffles—orange sauce.

Fifth course—Strawberries and cream.

Sixth course—Coffee.

# Menus

## WEDDING BREAKFAST.

First course—Melon—iced.

Second course—Cream of cauliflower soup, croutons.

Third course—French breaded lamb chops, French fried potatoes,  
hot biscuit.

Fourth course—Creamed peas in timbales.

Fifth course—Pineapple and celery salad.

Sixth course—Bombe glace, wedding cake.

Seventh course—Coffee.

## MENUS FOR DINNERS ON EASTER DAY.

Fancy Frills to Show Spirit of Season at the Table.

Anchovy canapes

Grape fruit with cherry

Cream puree of asparagus

Roast duck, olive and almond sauce

Ginger aspic, duchess potatoes shaped like tiny chicks (use  
budless cloves for feet and allspice for eyes)

Fried egg plant

Cucumber tubs filled

Marguerite salad, mayonnaise dressing

Squash rolls

Rhubarb pie

Frozen pudding

Coffee with whipped cream.

### NO. 2.

Fruit cocktail in orange baskets

Spinach puree, with fancy croutons

Roast lamb, mint sauce

New potatoes, baked in half shell

Jellied cabbage, celery curls

Chicken timbales, Spanish rolls, currant jelly

Stuffed eggs on cress

Mayonnaise, olives

Maple parfait

### NO. 3.

Scallop cocktail in green peppers

Chicken consommé, toasted triscuit

Squab pie (garnished)

Parsnip cakes

Potato apples—shapes, small chick, straw hat, baseball club

Dressed tomatoes in lettuce cups  
 Mayonnaise, Swedish rolls  
 Sultana roll, pistachio sauce  
 Coffee

#### THANKSGIVING MENU.

1. Oyster cocktail.
2. Cream of mushroom soup, bread sticks
3. Baked halibut in cream, green peas, rolls
4. Nut and potato croquettes, nut sauce, olives
5. Roast turkey, celery stuffing, sweet potatoes, cranberry jelly, creamed onions
6. Orange and grape fruit salad in orange cups, crisped crackers
7. Mince pie, pumpkin pie, cheese, pineapple ice cream, marguerites, nuts, fruit, coffee

Note—The sweet potatoes are cooked with the turkey. Fried egg-plant can be substituted for the creamed onions. For a simpler meal this menu can be revised as follows: Oyster cocktail, baked halibut, croquettes, whole turkey, and only one kind of pie.

#### CENTREPIECES FOR THE THANKSGIVING TABLE.

It is a very pretty idea to have the centrepiece of the Thanksgiving table something suggestive of the harvest season. A pumpkin hollowed out and filled with fruit makes a pretty centrepiece; this is even more attractive when the pumpkin is cut out to represent a basket with a handle and is then filled with fruit.

Several sprigs of chestnut burs arranged artistically in a pottery dish make a very pleasing centrepiece; use bits of wire to fasten on the burs which may have fallen off, concealing this makeshift as well as possible behind leaves, etc.

Red oak leaves and beautifully colored maple leaves, which have been pressed, make charming little mats for individual salt dishes or nut dishes.

#### OTHER THANKSGIVING MENUS.

1. Oyster on the half shell.
2. Soup (either cream of tomato, celery or potato), croutons.
3. Celery, salted almonds.
4. Baked fish on clam shells.
5. Roast pig.
6. Roast turkey, brown gravy, crab apple jelly, mashed potatoes, creamed onions, squash.
7. Plum pudding, hard sauce.
8. Mince, apple, pumpkin or squash pie.
9. Sherbet, fancy cakes.
10. Fruits, nuts, raisins, candy.
11. Crackers, coffee, toasted cheese, cider.

## THANKSGIVING DINNER.

1. Blue points on half shell.
2. Cream of tomato soup, croutons.
3. Baked blue fish, tartar sauce, celery, hot rolls.
4. Roast turkey, brown sauce, chestnut dressing, crabapple jelly, baked onions, squash, mashed potato.
5. Plum pudding, hard sauce, mince, apple, pumpkin pie, cheese.
6. Maple ice cream, lady fingers.
7. Fruits, nuts, bon bons.
8. Crackers and toasted cheese.
9. Sweet cider.

## LUNCHEON MENU—Cold Winter Day.

Potato soup	Sour milk biscuit
Roast beef	Lima beans
Brown sauce	Mince pie
Rice croquettes	Coffee

## LUNCHEON MENU—Early Summer.

Cucumber soup	Asparagus on toast
Roast chicken	Radish roses
Giblet sauce	Grape fruit sherbet on pineapple
Stuffed baked potato in half shell	Sponge cake

## HOME LUNCHEON—Summer.

Fruit cocktail	Boiled dressing
Crab croquettes, parsley sauce	Brown bread, Cheese sandwiches (thin)
Potato cones, garnished	Coffee soufflé

## LUNCHEON MENU—Early Spring.

Baked stuffed haddock,	Hot brown bread
Soubise sauce	Green vegetable salad, may- onnaise
Banana boats with pelee nuts	Rhubarb pie

## MENU—Well Balanced.

Tomato bisque	Creamed onions
Salmon croquettes, white sauce with peas	Tea biscuit
Potato apples	Cornstarch mould, chocolate sauce

## MENU—Later Spring.

Lobster cutlets	Bananas
Popovers	Strawberry short cake
Creamed spinach	

LADIES' LUNCHEON—Summer.

Jellied tongue	Squash rolls
Gooseberry sauce	Nut and cherry jelly, with whipped cream
Potato puff	Frosted maple sugar cake
Celery curls	Tea
Spinach croustades	

SUMMER MENU.

Cold bouillon	Banana fritters, vanilla sauce
Sliced chicken in aspic	Parker house rolls
Tomato and celery salad, mayonnaise	Milk sherbet, sponge cake

SUMMER MENU.

Puree of peas	Hot graham gems
Asparagus and nut salad, mayonnaise	Strawberry shortcake
	Grape juice

FAMILY DINNER (Old-Fashioned.)

1. Barley soup, toasted crackers.
2. Roast pig (whole), garnished, cranberry jelly, apple butter, baked onions, roasted potatoes, squash, raised rolls.
3. Vegetable salad, boiled dressing.
4. Steamed fruit pudding, hard sauce, old Cheshire cheese.
5. Fruits, nuts, raisins, coffee.

MATRON'S DINNER.

1. Grape fruit, barley duc.
2. Chicken consomme, bread sticks.
3. Shrimp cutlets, stuffed peppers.
4. Fillet of larded beef, mushroom sauce, asparagus, mashed potato (fancy cuts).
5. Frappe, blood orange.
6. Phila. capon, Bechamel sauce, bread jelly.
7. Cucumber aspic on lettuce hearts, French dressing.
8. Chocolate mousse.
9. Crackers, Neufchatel cheese.
10. Coffee, bon bons.

GIRLS' LUNCHEON.

Grape fruit	Mock terrapin in timbales
Peanut bisque	Tomato cups, mayonnaise, rolls
Breaded veal cutlets, frozen horseradish sauce	Plain ice cream, maple sauce
French potato balls creamed	

## HOME LUNCHEON—June.

Tongue and pea salad, mayonnaise	Strawberry mousse, butter thins
Hot biscuit, rhubarb marmalade	Iced tea

## MENU—Late August.

Fish bisque	Parker house rolls, Spanish rice
Pea and chicken timbales	
Tomato and celery cups, mayonnaise	Cantaloupe with raspberry frappe

## MENU—July (Heavy)

Fancy orange baskets, cold	Stuffed eggs, mayonnaise dressing
Cold sliced turkey,	
Swedish rolls	Maple mousse
Philadelphia relish	Iced coffee

## COURSE SPRING LUNCHEON—May.

1. Cream lettuce soup, bread sticks.
2. Crab flakes on toast, radishes
3. French chops, Hollandaise sauce, baked squash, potato roses, luncheon rolls.
4. Waldorf salad, mayonnaise, olives.
5. Marshmallow fruit cream, sponge hearts, salted almonds, candied orange peel.
6. Coffee.

## YELLOW LUNCHEON—Daffodils.

1. Egg canapes.
2. Clam broth, orange rolls.
3. Creamed mushrooms in bread boxes.
4. Fillet of chicken with yellow Bechamel sauce, Delmonico potatoes, preserved kumquats.
5. Fruit salad, banana and orange, mayonnaise.
6. Yellow mousse, gold cake.
7. Coffee, salted almonds, yellow bon bons.

## MENU—July.

Celery puree	Mayonnaise
Fish au gratin en coquille	Cheese sandwiches
Cucumber boats with asparagus tips	Pineapple sponge
	Cold water

## MENU—August.

Iced cantaloupe	Baby rolls
Creamed mushroom caps in bread baskets	Orange baskets with berries, whipped cream
Fruit salad, mayonnaise	Cocoa



## Household Hints

*To remove paint from windows*—Rub with camphene and sand. Rub with hot vinegar. *If fresh*—turpentine.

*To clean marble*—Solution of  $\text{HNaCO}_3$  plus  $\text{CaCO}_3$  or whiting.

*To clean brown shoes*—Rub with soft cloth dipped in methylated spirit. Rub with brown boot cream. Let stand 24 hours. Polish.

*Painted Walls*—Wash, then rub with woolen cloth dipped in equal parts of boiled linseed oil and Turp.

*Indelible Ink*—Soak in salt solution. Wash in Ammonia  $\text{H}_2\text{O}$  or 10 grains of Cyanide of Potas. plus 5 grains of Iodide plus 1 oz.  $\text{H}_2\text{O}$ .  
*Poison.*

### REMOVAL OF STAINS.

Fruit—Boiling water.

Tea—Concentrated salt solution

Grass—Warm alcohol.

Chocolate—Cold water first.

Coffee—Warm naphtha soap solution.

Blood—Cold water, warm naphtha soap solution.

Oil—Naphtha, benzine.

Grease—Gasoline.

Pitch—Lard, naphtha soap solution, turpentine.

Iodine—Turpentine.

Vaseline—Chlorinated soda water.

Paint—Turpentine, gasoline.

Indelible ink—Chloride of copper, hyposulphite soda.

Wax—French chalk paste.

Mud—Dry and brush, cover with salt and flour.

Tar—Lard, oil of turpentine, naphtha soap solution.

### TO CLEAN.

Silver— $\text{Ag NO}_3$  sol.

Brass—5%  $\text{HCl}$  sol.

Copper—Kerosene.

Zinc—5%  $\text{HCl}$  or warm salt and vinegar.

Cut glass—Concentrated  $\text{HCl}$ .

Marble—Whiting ( $\text{CaCO}_3$ ) and soda and water.

Polished table—Raw linseed oil.

Mortar on windows—Stiff brush and hot vinegar.

Paint on windows—Camphene and sand.

White straw hat—5% oxalic acid followed by thin gum arabic sol.

White woolen—Finely powdered rice, applied with a firm cloth.

Rugs—Sprinkle with salt water and brush hard.

Lace—Fasten lace to thick paper, sprinkle with calcined magnesia.

Gold and silver lace—Powdered burnt alum. Apply with fine brush.

Velvet—Dust first, sponge with benzine, stretch right side up over basin of boiling water. Brush with whisk broom in direction of nap.

Restore color—Rub with chloroform.

Ivory—Hydrogen peroxide.

White gloves—Put on gloves, wash in gasoline, rinse in second solution, dry on hands in open air.

Oil cloth, linoleum, matting—Brush first, luke warm water, naphtha soap and 1 T. kerosene, 1 T. salt. Dip in broom bag, wring out dry, put on broom, rub floor lightly.

Note—Broom bag made of canton flannel or outing flannel.

#### HARDWOOD FLOORS (Waxed.)

Scour with steel wool if marred or scratched, polish with beeswax or paraffin dissolved in turpentine. For light cleaning rub lightly with gasoline, open windows. Never put water on waxed floors. To remove all the wax, use 1 lb. sal soda and 1 lb. slaked lime to 1 pail water, dry and wash in turpentine.

#### HARDWOOD FLOORS (Varnished or Shellacked.)

Clean with ground pumice stone or salt if blackened, brush, rub with gasoline, turpentine or kerosene till dry, cloth wrung dry out naphtha soap solution.

#### HARDWOOD FLOORS (Oiled.)

Brush with soft hair brush, rub with dry mop; wash in oxalic acid, wipe dry; wash in gasoline, let dry and air one day; reoil in raw linseed oil, not too thick; rub dry.

#### JAVELLE WATER—For Removing Stains.

$\frac{1}{4}$  lb. chloride of lime.

1 lb. sal soda.

2 qts. boiling water.

Dissolve, settle, decant the clear liquid. Turn hot flatirons on side to cool; clean with kerosene and fine sand.

#### TO TEST GREEN WALL PAPER FOR ARSENIC.

Dip a sample of the paper in aqua ammonia. If arsenic is pres-

ent in quantities to be dangerous the paper will turn from green to blue.

#### TO SET COLORS.

10% salt sol., stand 5 min., or 1 gal. water to 2 T. turpentine, soak 5 min.; 2% HCl sol., soak 5 min.

#### HINTS ON TABLE ETIQUETTE.

1. Hair and dress tidy in appearance before coming to table.
2. Sit into chair from chair's right.
3. Do not shake table in sitting down or in cutting food.
4. Never drag chairs. Place, by lifting, back to table in all meals except formal.
5. Never shove dishes on table.
6. Pass dishes by extending handle toward recipient.
7. Feel it incumbent upon you to assist in the conversation.
8. Eating often sets up mucus flow in the nose; blow nose before coming to table. Do not sniff at table; wipe nose quietly.
9. Do not fumble or play with dishes.
10. Never suck or pick the teeth at table.
11. Do not try to talk with mouth full.
12. Any objectionable matter getting into mouth should be quickly removed with fingers and placed to one side. Using a napkin makes it more conspicuous.
13. If you accidentally spill anything, do what you can to rectify it quickly without saying anything about it or calling others' attention to your misfortune.
14. Dishes should not be clicked against others in placing, or shoved.
15. Knife and fork should be left parallel on plate.
16. Never leave spoon in cup of liquid—tea, coffee, cocoa.
17. Be prompt at meals and stand at chair till all are ready to sit.
18. Wait each course till all are served before eating.
19. Do not scrape or resceape any dish getting last vestige.
20. Burying one's face in the plate and eating hastily is bad taste.
- 21.—Do not recline in chair when eating.
22. Look at the person to whom you pass anything.
23. Do not touch hand to hair without absolutely necessary.
24. Leave napkin in ring. If one eats properly, rarely, if ever, is it necessary to soil the table linen.

#### TIME, ENERGY AND MONEY-SAVING DEVICES.

##### *Electric Power in the House.*

Washing machine, sewing machine, mangle, clothes dryer, vac-

num cleaner, dish washing machine, silver cleaning pan (chemical)—for large families.

Wheel tray, fireless-cooker, incinerator, electric range, instantaneous hot-water heater (for summer), electric and gas flatirons, steam cooker, chopping bowl and knife, dumb waiter, quart flour sifter, tungsten lamps, timbale iron, kitchen stool, small kitchen rocker, aluminum ware of all kinds, frying basket, oiled paper, self-basting roasting pan, chemical thermometer (floating), oven pyrometer (when it works), lobster shears, measuring cup, paper bag (Soyer's) for certain foods, (fish, chicken), household scales and balances, coffee percolator, chafing dish; knives—bread, meat, cake, vegetable; fancy moulds, potato and vegetable press, puree apparatus, grape fruit knife, French potato ball cutter, fancy vegetable cutters, pastry tubes and bag, patty shell outfit, magic covers, safety gas lighter, sink strainer, electric bread toaster, soap shake, dry mop, dustless duster, dish drain, vegetable brush, asbestos mats and holders, slate and pencil (hung in kitchen), list of menus (seasonable), card catalogue of recipes, meat board, bread board, onion board, long-handled forks, trivets, long-handled colander, shelf near stove for seasonings, rack with tray (near stove) for holding spoons in cooking, rings for poached eggs, pie lifter, cork screw.

#### NOT LABOR SAVING FOR SMALL FAMILY.

Meat grinder, bread mixer, egg separator, apple corer (wasteful), omelet pan.

True economy is a generous provision of essentials; careful supervision of non-essentials and self-control in handling the financial budget.

#### DOMESTIC SCIENCE BIBLIOGRAPHY.

*American School of Home Economics Library—4 large volumes.*

Household Science and Art.  
 Practical Dietetics.  
 Hostess of Today.  
 Miss Farmer's Cook Book.  
 Oread Publications.  
 Government Bulletins.  
 Cooking and Serving.  
 Mrs. Ellen H. Richards' Books.  
 Barrows' Home Science Cook Book.  
 Miss Parloa's Home Economics.  
 Social Usages at Washington.  
 Table Etiquette.  
 Janet McKenzie Hill's Books.  
 Mrs. Lincoln's Cook Book.

Food Analysis and Composition—Leach.  
Halliburton's Chemical Physiology.  
Whitcomb & Barrow's Publications.  
Teachers' College Bulletins—Columbia Univ.  
The Fireless Cooker.  
Soyer's Paper Bag Cookery.  
Etc., Etc.

Some of these recipes were compiled from the following authorities:—

Miss F. M. Farmer—Boston Cooking School Cook Book.  
Mrs. Mary J. Lincoln—Boston Cook Book.  
Miss Maria Parloa—Kitchen Companion.  
Mrs. V. H. Larned—The Hostess of Today, The Little Epicure.  
Miss Mary Ronald—The Century Cook Book.  
Teachers' College Collection of Recipes.  
The Vital Question.  
Family Recipes.















LIBRARY OF CONGRESS



0 014 485 860 8 ●